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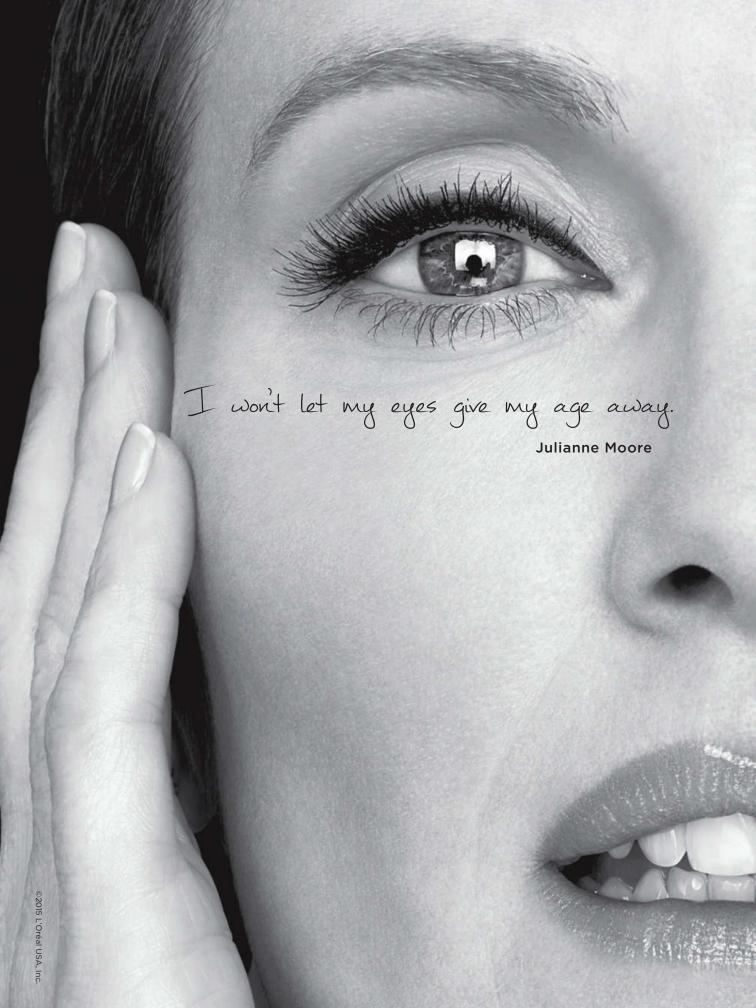






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Photographed by Mike Garten. Styling by Cate Geiger.







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socially MINDED

I feel as if social media has made us all more—you guessed it—social. Now we know what our friends just had for dinner and all about their vacations. We might even get the first glimpse of a new baby or grandbaby...in real time. It's also one of my favorite ways to connect with GH readers: You'll always find me on Instagram, @janeseymourfrancisco. I get excited every time I see that after reading the latest issue, you're enjoying the health benefits of an iced latte, or are inspired to paint a pineapple, serve up our watermelon punch (in the coolest keg ever!) or play twinsies with Jennifer Morrison from our summer fashion shoot. Check out the GH superstars below, and join in the fun by telling us how GH is helping make your everyday life more exciting...delicious...healthy... beautiful...using #thatsgoodhousekeeping!



jane@goodhousekeeping.com





We must apologize for miscrediting **Todd Marshard,** who photographed our beautiful September shoot with Bellamy Young in Asheville, NC.





dr_swiebe Celebrating summer #melons #pnw #goodhousekeeping



lauriebstyle Celebrating Aug 1st with the cutest pineapple in town! My DIY home decor success! Thank you for the inspo! @goodhousekeeping



evseats Happy Thursday! Drink to your health! Love article on coffee in @goodhousekeeping (means I can keep drinking it)



rosiepopsox J'adore this dress. Featured in good housekeeping magazine #ootd



CHECK YOUR MAILBOXES, LADIES! Since you shared what you love about GH, I'd like to return the favor! I'm sending the above readers a couple of my current favorites: our latest cookbook, which is packed with easy (super-delicious!) recipes, and the fab Juliet & Co bracelet from page 14. Tell us how GH is brightening your life, and I'll keep passing along favorites from here. Don't forget to hashtag #thatsgoodhousekeeping!

Sian Richards (Jane)





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April FranzinoBeauty Director

@aprilfranzino



Light lip colors wash me out, but reds are too bold for daytime. Any recs?

Try a trendy berry shade, which makes a subtler statement. If you're...



FAIR
A strawberry hue is your jam.

Try: Bobbi Brown Sheer Lip Color in Pink Blossom, \$26



MEDIUM/OLIVERaspberry tones are your top pick.

Try: Pixi by Petra Mattelustre Lipstick in Plum Berry, \$12



DARK

Tap a blackberry.

Try: Maybelline New York Color
Sensational Creamy Mattes
In Burgundy Blush, \$7



ANY OF THE ABOVE

This sheer shade is pretty on all tones.

Fresh Sugar Berry Tinted Lip Treatment SPF 15, \$23, Sephora

HAVE A QUESTION?
E-MAIL ASKAPRIL
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what the tech?!

BROW PRO TO GO

If trying to find the best arch shape for your face is enough to furrow your brow, you'll love this new (free!) facial recognition app. The Benefit Brow Genie Tool helps you pinpoint the exact proportions. Just upload your photo, then click for a three-point "map" of your perfect brow shape with tips on how to achieve it, including key tricks and products. benefitbrowgenie.com





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Diane is wearing Excellence Age Perfect shade 9N, Light Natural Blonde. ©2015 L'Oréal USA, Inc.



L'ORÉAL"
HAIR COLORIST/PARIS



Give a basic cable-knit sweater a stylish makeover. Dip it in a complementary (slightly darker) shade of Rit Dye, then hang to dry. We made this one right here in the office. Fun with a skirt and totally cute with jeans, too.

Skirt, Calvin Klein, \$89, macys.com. Bracelets, \$45 each, rjgraziano.com. Bag, \$225, rebeccaminkoff.com. Heels, SJP, \$345, bloomingdales.com.



tried + tested

MELTING CLEANSERS

WHAT THEY ARE:

Gel cleansers that morph into milks that both clean and moisturize

LAB LOWDOWN:

"Their gel structure breaks down when they're rubbed into skin; then, when water is added, their natural oils emulsify into a milk," says GH Beauty Lab Director Birnur K. Aral, Ph.D. "They effectively remove makeup and grime without drying out skin."

GH Beauty Lab picks:



Boots No7 Beautiful Skin Melting Gel Cleanser Normal/Dry, \$10, Target



Clarins Pure Melt Cleansing Gel, \$35



Algenist Genius Ultimate Anti-Aging Melting Cleanser, \$38, QVC



Ole Henriksen Pure Truth Melting Cleanser, \$34, sephora.com

runway to your way

The buds for you? We're loving graphic blooms on a high-necked dress with long sleeves and a flouncy, twirl-worthy hem.



oasis-stores.com

bebe.com





FROM THE GH CLEANING LAB **SAVE YOUR BOOTIES** To care for multitone leather, choose neutral or clear leather cleansers and conditioners. Use a cloth to apply in a circular buffing motion. Worried about stripping color? Test in a hidden spot on each shade—if color comes off on the cloth, take the item to a pro. **Lab pick**: Weiman Leather Cleaner & Conditioner (a Seal holder!), \$4.50.







hot ingredient

THE NEW WRINKLE FIGHTER: Camellia

Skincare brands are picking this pretty Asian flower for its plumping and hydrating benefits, which come courtesy of its high fatty-acid content.

LAB LOWDOWN:

"Camellia oil is very light and is absorbed quickly into skin," the GH Beauty Lab reports. The extract also aids collagen production, which can "help fight wrinkles and even stretch marks."

GH Lab picks: Fresh Seaberry Skin Nutrition Booster, \$45, Sephora. Elemis Japanese Camellia Oil Blend, \$48, nordstrom.com.

name your price

Part boot, part sandal, these shoes are awesome all year. Wear them now with tights and later without.

\$139 \$165





MUST

Pair with a flirty dress for a night out. tamarcollection.com



Try with cropped pants at the office. 424 Fifth, lordand taylor.com



Style with seamless tights or socks. French Connection, dillards.com



Great with a pedi and skinny jeans. Cynthia Vincent, shopbop.com



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outfit maker

STATEMENT TIGHTS

Boring opaque stockings won't have a leg to stand on with this hot hosiery.



A small baroque pattern is a modern take on a classic look. Skirt, \$62, oasis-stores.com. Tights, \$6, nononsense.com. Heels, Ivanka Trump, \$145, bloomingdales.com.



FISHNET

Give a prim skirt some edge with punky tights. Skirt, \$118, usa.frenchconnection.com. Tights, DKNY Hosiery, \$15, nordstrom.com. Boots, similar styles at klubnico.com.



SWISS DOTS

Textured fabric dots are playful and feminine. Skirt, Alexa Chung for AG, \$178, agjeans.com. Tights, Falke, \$45, bloomingdales.com. Heels, \$24, lulus.com.



SHIMMER

The sheen adds a touch of glam to a casual daytime look. Dress, \$30, boohoo.com. Tights, Donna Karan Hosiery, \$25, neimanmarcus.com. Boots, \$298, jcrew.com.



CONDITIONER **BEFORE SHAMPOO**

Stylists are recommending conditioning, then shampooing, and brands are launching conditioners that are meant to go on first. But why bother? The GH Beauty Lab says try it only if you have fine hair (which can be weighed down by conditioner), damaged strands (to protect them from shampoo's surfactants) or curls (to pre-detangle, minimizing breakage).

GH Lab picks:

Fine: Kérastase Résistance Soin Premier Thérapiste Reverse Care Conditioner, \$42, kerastase-usa.com. Damaged: Burt's Bees Avocado Butter Pre-Shampoo, \$9. Curly: Motions Natural Textures Pre-Wash Detangling Butter, \$7.

good cause

No fluff here: 100% of profits or proceeds from these cult-fave beauty buys go toward initiatives to fight breast cancer.



Jane Iredale Smell the Roses Hydration Spray, \$29, ianeiredale.com



Estée Lauder Modern Muse Solid Perfume Keychain, \$50, esteelauder.com



Ralph Lauren Romance Pink Pony Fragrance, \$98, ralphlauren.com



EOS 2015 Breast Cancer Awareness Collection, \$7 (includes two balms), Walgreens



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3 of the best

Splurge – or save – on hot styles that would make even Scandal's

Olivia Pope jealous.



what's now The Black Leather Moto

here's how Opt for a slightly roomy cut for a borrowed-from-yourboyfriend look. Wear with a skirt or dress to nail rocker chic.



what's now The Blanket Trench

BEN GOLDSTEIN/Studio D (coats), styling by Miako Katoh; Alessandro Lucioni/imaxtree.com (Coach); Indigital Images (Max Mara, Louis Vuitton).

LUST

\$230, thelimited.com

MUST

\$99, hm.com

here's how Wrap this roomy, beltless style over any outfit for sleek, effortless glamour.

























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A whopping 82% of GH readers who color their hair do it at home. So we combed through expertise from the GH Beauty Lab and top pros for the secrets to salon-gorgeous color that you won't find inside the box. Plus, genius tricks from our testers!

BY APRIL FRANZINO

AVOID *THIS* MISTAKE

The biggest DIY dveing snafu is thinking you can go from. say, black to platinum hair at home. Extreme color changes can require multiple processes, which are best left to a salon colorist who knows how to assess tones and minimize damage. The shade gauge: "Stay within two shades, lighter or darker, of your current color," says Kari Hill, L'Oréal Paris celebrity haircolorist. How to judge: In stores, boxed dye is usually displayed in color order on a shelf. Hold a section of hair up to a box to find a close match, then choose from the next two shades on either side.







BEST FOR BLACK

The key to headturning inky color that's lush. like Kerry Washington's, not flat: super shine. Get glossy by choosing a boxed formula that contains natural oils, like our test winner below.

GH Beauty Lab pick: Test winner Garnier Olia Oil Powered Permanent Color in 2.0 Soft Black, \$10



BEST FOR BRUNETTE

For results that are anything but mousy (and not stark against skin), look for a shade with rich mahogany hints. like Eva Mendes's, Reader

trick: Mix two boxed hues in sequential color order to add multi-tonal depth.

GH Beauty Lab pick: Seal holder Clairol Nice 'n Easy in 6W Natural Light Caramel Brown \$8



BEST FOR RED

The right-now version is "softer, with subtle blond dimension." not a harder-to-pulloff orange-red or eggplant hue, says Tracey Cunningham, a Redken celebrity colorist who works with Emma Stone.

GH Beauty Lab pick: Test winner Revion Luxurious ColorSilk Buttercream in 42R Medium Auburn, \$6



BEST FOR BLOND

Fall's hot blond is less platinum, more golden and beachy. Hill explains, with face-flattering warm undertones, as seen on Amy Schumer. And it's also easier to do yourself. But remember: Extremely light shades are best left to a pro.

GH Beauty Lab pick: Seal holder L'Oréal Paris Excellence Age Perfect Hair Color in 8G Medium Soft Golden Blonde, \$9



BUY TWO BOXES!

The last thing you want is to run out of dye halfway through the process. If your hair is shoulderlength or longer, you may need two boxes to cover your whole head, depending on hair thickness. End up with an extra box? Save it for next time!

DO NOT SKIPTHE STRAND

Resist the temptation to jump right in. If you're trying a new shade, test it on a few trimmed hairs or hidden pieces first, and look at the result before you commit. Horror stories from testers who didn't do this:

hair that turned orange and purple!







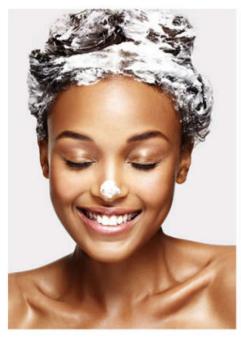
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GO NAKED...

A surprising number of testers' dirty secret: stripping down when coloring to avoid staining clothes. Not in the, um, nude? Put on an old button-front shirt or robe — that way, you won't have to lift a top up over your head when it's time to rinse. Extra mess-stopping tip: Lay down garbage bags you can toss instead of covering surfaces (sink, floor) with towels or sheets, which can soak through and need washing.



There's nothing worse than ending up with stripes of color on your forehead. Rather than using a goopy salve to protect skin from dye, glide a clear solid lip balm along your hairline, Hill says: "Its small size makes for concise application."



THINK LIKE **A SURGEON**

Pretend vou're in the OR and lay out all of your tools like you're ready to operate. You won't have to stop and scramble mid-process. which could lead to accidents (as in leaving the dve on too long!). Read through the box's instructions beforehand, too, "to get your bearings," Hill suggests.



STOP SQUEEZING FROM THE BOTTLE

Squirting the dye out and smooshing it all over your hair may be easy (and fun!), but this method can be messy and imprecise. Instead, play salon colorist: Mix color in a bowl and paint on with a color brush (available at beauty-supply stores) for the most even, professional finish, testers say.

START FROM THE TOP

Since roots need the most color (and processing time), apply dve there first, then comb through the rest of hair to distribute it-you'll avoid the dreaded twotone effect. And work in four to six sections, like pros do in the salon, to ensure full coverage.

10

LOOK INTO TWO **MIRRORS**

Coloring the back of your head can be tricky. As you apply dye in front of your bathroom mirror, hold up a handheld one to ensure you don't miss spots, Hill recommends.

HIGHLIGHT WITH **A TOOTHBRUSH**

Several testers' smart trick for subtle results: Use a dye kit two shades lighter than your color and paint on highlights with a clean toothbrush or mascara wand. Place them sparingly where the sun would hit - around the hairline and stemming from your part, Hill suggests.

MIKE GARTEN (streak, bowl, brush); Arthur Belebeau/Trunk Archive; istockphoto (toothbrush)



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use only as directed

McNEIL PPC, Inc. 2015





HAVE WET WIPES ON HAND

Use them to sop up any dye splatters as they happen. If you wait until you're done to clean them up, they may have already set. ("I still have stains I can't get off!" a tester sighed.)

your tool kit



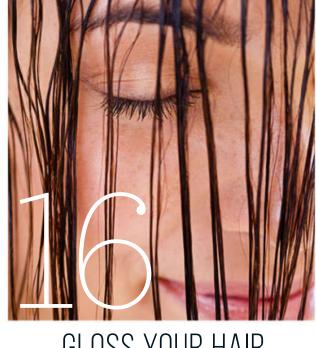
PUT A (SHOWER) **CAP ON IT**

Once all color is on-but before you wander around-cover hair with a disposable shower cap to keep dye from dripping and staining. Then you can feel free to prep dinner or Netflix-binge.



GET EXTRA GLOVES

You slipped on the box's plastic gloves to protect your hands while putting on the dye, but you need to wear them while washing it off, too. Have a fresh pair ready in case you can't reuse the originals. A tester who forgot ended up with seriously stained fingers!



GLOSS YOUR HAIR

Like lip glosses for strands, hair glosses leave a hue-boosting hint of color and shine.







SKIP THE SUDS...

It makes sense. Washing hair washes out color, too. One way the GH Beauty Lab tests color fading is by repeating washing cycles, because just plain water (not to mention shampoo's surfactants) can leach dye molecules from strands, the Lab explains. "Wash colored hair every other day at most," Hill says.



...AND SWITCH **PRODUCTS**

The Beauty Lab has found that using a color-depositing shampoo, conditioner or hair-gloss treatment once a week between dve jobs can revitalize haircolor.

Try Seal holders Pantene Pro-V Brunette and Highlighting Expressions Shampoo and Conditioners, \$5 each, or the Beauty Lab's haircolor gloss treatment test winners, right.

BEST OF THE TEST

SPLURGE

This creamy gloss treatment revived color that had been repeatedly washed and exposed to UV rays in our Lab test-and scored high for enhancing shine. Testers raved about its softening effect, too. Pravana Nevo Color Enhancer Treatment (in five shades, for blond, red and brunette hair), \$20, pravana.com

Tops with testers, this color gloss (in seven shades, for blond, brunette, red and black hair) was loved for its "easy" application and "supershiny" results that "extend the life of haircolor." John Frieda Colour Refreshing Gloss, \$13



You'll feel the difference, they'll see it.



















BETH BEHRS



She's delighted audiences for five seasons as the affable Caroline Channing on the hit CBS series 2 Broke Girls, and she costars with Sally Field in the upcoming movie Hello, My Name Is Doris. But what's this Virginia native really like? We took a break with her to find out.

ON-SET STYLE I'm a big tomboy, so I'm loving the combat boots and really-oversize-knit-sweater action of the shoot.

HIDDEN TALENT I learned to knit [on set] from [costars]

Kat [Dennings] and Sally Field, so my knitting skills, thanks to them, are getting really good!

STARSTRUCK I got to sing for Julie Andrews when I was a senior in college. I was singing some of her songs for an audition and wasn't expecting her to be there, so when I walked in, I barely avoided peeing myself. TMI?

OUTWARD BOUND I have workout ADD and have to change [it] up. [I do] anything that's outdoorsy and fun like hiking, biking, running, paddleboarding, swimming in the ocean...and then I'll mix in Pilates, yoga, spin, ballet.

FAVORITE EMOJI I use those Bitmojis, the ones you can make look like yourself. The emoji with the girl drinking wine is involved a lot.

FIVE WORDS ABOUT ME

"Goofy." Can they all be "goofy"? Like, all five? OK, [here are some]: "Goofy," "kind," "exercise fanatic."



GET THE LOOK



STATEMENT BLAZERS FROM \$27



\$119, Ilbean.com





VARSITY STYLE FROM \$40



\$88, american apparel.net





SWEATER COATS FROM \$60



\$60, ae.com



\$175, aritzia.com











2-5 go high-contrast







PAINTLilac Muse by
Valspar, \$34 per gallon,
valspar.com



FABRICGroovy Grille in Licorice from Tonic Living, tonicliving.com



WALLPAPERKnots by Terrence Payne for Hygge & West, hyggeandwest.com



TIMELESS WATCH Clock the hours on a yin-and-yanginspired face. Marc by Marc Jacobs, \$175, shopbop.com





GIVE IT A SWIRL

You'll lose your marbles over how good this cinnamon, clove and amber candle smells.

Diptyque 34 Le Redouté Candle, \$85, Nordstrom

Colorblocking makes the fashion favorite extra chic.



MOD-EL BEHAVIOR

Channel '60s-era Twiggy with graphic two-tone sunnies.





dinner party. \$18, jaysonhome.com







OPPOSITES ATTRACT

Head to the dark side—or stay in the light—with a palette made for shading lids and highlighting browbones.

VAIII

Nars Duo Eyeshadow in Pandora, \$35, narscosmetics.com



VINTAGE TREASURE

Finish off a well-made bed with a posh pillow made of repurposed fabric from Aussie company Cultiver (which also offers luxe linen sheet sets!). \$96, cultiver.com









CHECK YOU OUT
Turn heads in a flirty
A-line skirt. Pair with
a silky blouse for work
or throw on a leather
bomber and hit the town!
J.O.A., \$113, shopbop.com



NAIL THE LOOK
A coat of sparkly
speckled polish
equals a partyready mani.
Jin Soon Nail
Lacquer in Motif,
\$18, Sephora



Architectural details, like a stunning front door or banister, pop with high-gloss paint.



SPELL IT OUT

Make an initial impression with fabric-covered letters styled on a bookshelf or hung as part of a gallery wall.

\$14 each, urbanoutfitters.com







LIGHT STICK
Brighten tired
eyes by lining
your inner rims

in white.

Too Faced Bulletproof 24hr Shadow Liner in White Lie, \$22, Ulta

SURPRISE!

Q. Which of these increases your home's value by an average of 5% while increasing the overall curb appeal?



New Kitchen



☐ New Roof



New Bathroom



moo.teg

*2.D 33 Warinonal Association of REALTORS® survey commissioned by GEF of REALTOR® Appraisers and Non-Approxiers in the C.S. Average increace as compared to basic, three-tab shingles. All data based on responses provided by REALTOR® Appraisers that have had professional experience buying or selling a home with Timberline® Shingles in the three years preceding the survey.

According to a recent survey conducted by the Mational Association of REALTORS, you can increase the value of your home by an average of 5% with a new Timberline® roof!*







We think you'll lose your gourd over these boo-tiful jack-o'-lanterns! But before you start carving, learn this technique to preserve your pumpkin: Cut a square hole in the back rather than cutting off the top, then scoop out the seeds. The stem helps the pumpkin maintain its structure (so it won't cave in) and conserve nutrients and moisture, explains Marc Evan, cofounder of Maniac Pumpkin Carvers, who made the spook-tacular pumpkins on these pages. →

For more tricks from our expert carver, see page 161.





Cut (and drill and hammer and slice!) your way to a front-porch masterpiece



V HAPPY-GO-SPUNKY

Carving a face? Tape transfer paper (available at craft stores) to a pumpkin, draw your design, remove paper and follow your outline.



A SEEING SPOTS AND DOTS

Sketch your pattern on the pumpkin's surface with a marker, leaving enough space between dots so holes won't overlap.

Punch holes using a power drill and various bits. No drill? Gently hammer copper tubes into the surface like giant cookie cutters.

Make a detailed design shine brighter by placing a string of LED lights inside. Neat trick: Wrap them around a mason jar.

your carving kit



COPPER TUBES Pick up different sizes from a hardware store.



LEMON ZESTER Great for creating ridges and shallow grooves.



CLAY LOOP An artists' favorite, it's safe to hand off to kids.



PARING KNIFE Sturdy and good for larger designs needing precision.

A WHIMSICAL WALLFLOWERS

For a glowing 3-D effect, use a lemon zester, a clay loop or a linoleum cutter to carve into (but not through) the top layer of skin.





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Limit one total purchase discount per transaction. Cannot be combined with any other discount or coupon. Reproductions not accepted. Must be surendered at time of transaction. "Offer excludes previous purchases, all grift cards; dasses; all patterns; from; AccuCulit Gol[®] products; sewing machines & sewing mathines & sewing mathines & sewing mathines & sewing mathines, all remarks first productions. If the production of the products of the product of the products of the products of the products of the product of the products of the p



JOANN fabric and craft stores













Channel your inner artist for a creation that'll be in season beyond Halloween



DOUBLE-DIP IT!

< COLOR-BLOCKED

Play with neon hues and metallics for a two-tone pumpkin that makes a bright statement. Brush or dip one half, then let dry; tape off and color the other half.



WATCH GO TO GOODHOUSE KEEPING.TV /PUMPKINDIY FOR MORE HOW-TOS.

V JACK-O'-WREATH

Shape sturdy floral wire into a wreath. Trim flowers, leaving two to three inches of stem. Attach stems and leafy greens with additional wire, twisting until secure. Crown your pumpkin, then hang with a stylish wall hook once the season is over. The blooms will still be lovely when dried!





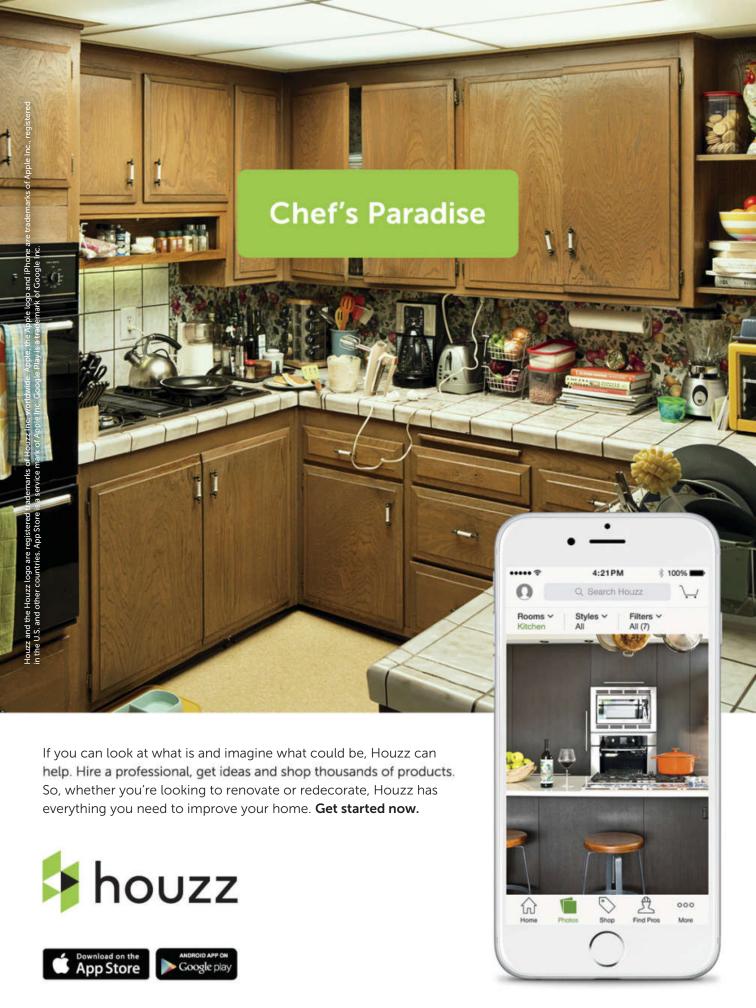
A BATTY OMBRÉ

- 1. Paint your pumpkin white and allow it to dry.
- 2. Mix a small amount of first color (orange) into white paint. Brush on a few inches from the top. Gradually add more color until you reach full saturation in the middle of the pumpkin. Start adding second color (magenta) and do the same. Finish with a solid base.

PAINT Golden Acrylic Paint in Fluorescent Orange and Fluorescent Magenta, leesartshop.com



3. Cut bat wings (goodhousekeeping.com/batwings) out of card stock. Glue chopsticks or skewers to backs of wings, then stick into pumpkin once paint is dry.





Sarah Richardson
Home Design Director
@SarahRichardsonDesign



I hate the floors in my house, but I don't have the budget to overhaul them. What can I do?

Changing floors can be costly, not to mention messy and inconvenient. But here's an easy fix: Decorate in a way that doesn't call too much attention to the floors in other words, downplay them by hiding them! Try laying down an oversize carpet that leaves only a narrow perimeter of the floor showing. Go for a neutral option with a minimal design to create a calm effect, or jazz up your space with a more colorful patterned choice. Added bonus? Carpet is soft underfoot.



BEFORE

PLAYFUL PATTERN \$599 for 8' by 10', cb2.com



TRIBAL NEUTRAL \$576 for 8' by 10', rugsusa.com



COASTAL STRIPES \$443 for 9' by 12', wayfair.com

My friend's contractor hubby gave us a good price on our kitchen renovation. He started the job, but hasn't been back in three weeks. How can we get him to finish the work?

IT CAN GET AWKWARD doing business with friends. Discount or not, try reasoning with him: "Jim, what you've done so far is great, and we really appreciate the deal. But we need to get back into our kitchen. Can you finish up next week? We'll pay you the remainder the moment everything is done." Another option is to chat with your friend. Don't whine; just ask her how to move her husband back into the kitchen. Last resort—hire someone else to complete the job.

HAVE A QUESTION? E-MAIL PEGGY@GOODHOUSEKEEPING.COM.



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MR.CLEAN.COM







mily husban

Emily, husband Brian and son Charlie

ALL ABOUT EMILY

You may know her as a winner of HGTV's Design Star or as the host of her own series, Secrets From a Stylist. But she's also the voice behind the popular blog Style by Emily Henderson, a Target home-style expert and now the author of a new book. Styled: Secrets for Arranging Rooms, From Tabletops to Bookshelves will help you edit your home and find your inner stylist.



ENTER FOR A CHANCE TO WIN!

We're giving away 10 copies of Emily's new book (\$33, Potter Style; on sale October 13). Go to goodhousekeeping.com /octemily or see page 161 for details.

Stephanie Todaro Photography (top)



Blue-on-Blue PALETTE





ESSEX BLUE \$33 per gallon, behr.com



ACCENT COLORS





MAIN FLOOR

Hanging pottery bells, lostandfoundshop.com. Half-moon print pillow, \$109, shop.rebeccaatwood.com. Black-and-white throw, \$30, tribal pillow, \$25, cream-and-navy plaid pillow, \$30, cream plaid pillow, \$25, gold decorative pillow, \$25, gold-and-glass hurricanes, \$17 and \$25, and brass-and-marble floor lamp, \$130, all from target.com. Green-and-white pillows and spotted pillow, jillianrenedecor.com. Mug, \$8, urban outfitters.com. Rug, \$495 and up, serenaandlily.com.





PRIORITIZE FUNCTION. "I started with the lamp, because I knew we needed lighting in that spot. Then I balanced it out with a few other larger pieces (like the plant) without being too concerned about symmetry."

WORK WITHIN YOUR PALETTE.

"Distribute the colors so things feel balanced. For example, the black candleholder above isn't right next to the black vase, and the white pottery is spread out evenly."

FINISH WITH ART. "I have a ton of small pieces that would look tiny on my walls, so I set a few on the buffet. They add interest and character-plus, they contrast nicely with all the round vessels."









EMILY'S DESIGN RULES

SPEND SMART

Most retailers do very well at offering simple furniture that will last decades. So instead of buying an expensive sofa, splurge on a painting you can hang above the couch that will elevate the room, become a conversation piece and lend the space unique personality.

MIX HIS AND HERS Combine hard "masculine" and soft "feminine" shapes (think square or rectangular vs. circular or oval). Remember, it's always easier to layer "feminine" items (like floral pillows) on masculine furniture (such as a clean-lined sofa) rather than the other way around.

3 SHOP VINTAGE
Be smart about what you choose at flea markets and antique stores. "Good bones" matter. You can paint or re-cover secondhand furniture, but it's far harder to change basic structure, so be sure you like the original form.

GOT A GREAT HOME?

We want to see it! For a chance to be featured, send your pics to submissions@goodhousekeeping.com.

Take your next dinner party outside with

Take your next dinner party outside with a comfy candlelit gathering that's as easy as (our delicious) pie to pull off

PHOTOGRAPHS BY QUENTIN BACON + FOOD PHOTOGRAPHS BY EMILY KATE ROEMER PROP STYLING BY CATE GEIGER + FOOD STYLING BY CHRISTINE ALBANO



DRESS THE TABLE



PILE IT ON!

Layer up the fabrics — here the burlap runner and linen napkins add dimension over an indigo-dyed tablecloth.

PLUSH PUMPKINS

Mini velvet gourds from Brooklyn boutique Catbird are perfect seasonal place markers. See how to make your own on page 156. \$12 each, catbirdnyc.com

SWEET CENTERPIECE

Run fresh flowers, succulents, pomegranates and amber or vintage candlesticks along the length of the table.

ANYTHING GOES

Grab whatever china you have and create "sets" — each place can be different! Or, mix and match finds from a local flea market or secondhand shop.







SET THE MOOD



Combine rich burgundy, soft petal pink and vibrant blue into the ideal autumn posy. Place in a vintage pewter vessel.





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provide all the nutrition your cat needs and nothing they don't. With 0% fillers, every ingredient has a purpose to help support their whole body health for life.

ASKHELOISE

GH's stain-busting expert shares her fixes for household dilemmas and life's little "oops" moments

HAVE A QUESTION? E-MAIL HELOISE@GOODHOUSEKEEPING.COM.





My cat made little scratches in my leather lounge chair while climbing into my lap. What can I use to hide the marks? - Rennie O.

Meow, ow! For small scratches made with tiny but very sharp cat claws, you can use a crayon in a color close to that of the leather. Rub the crayon into the scratch, then rub the spot with your finger to "warm" the wax. Repeat several times, pressing down so layers of wax build up. Let it sit for 10 minutes, then gently buff with a microfiber cloth to help camouflage the spot. Follow up with a leather conditioner to seal the repair. This is a quick fix, so keep the crayon handy in case the scratches reappear.





secret weapon HAIRSPRAY

PRESERVE DRIED ROSES

After the blooms have dried, a spritz will help keep the color from fading - and make them easier to dust.

THREAD A NEEDLE

Spray the tip of the thread, then pinch it. It will stiffen, making it easier to put through the needle's eye.

TAME YOUR BROWS

Use a small amount on a finger to smooth unruly eyebrows.

PROTECT KIDS' ART

Use a light spritz on your children's chalk and pencil artwork to help prevent smudging.



CLEAN A WOODEN CUTTING BOARD



Sprinkle liberally with sugar.



Squeeze on lime iuice and scrub with the lime half; let sit 1 hour or more to "bleach."









Fresher & brighter!





DON'T LET THAT OFFICE JERK TAKE YOU DOWN. Toxic colleagues (hypercompetitive types, slackers, whiners) can negatively impact your job performance, found a recent study in the *Journal of Applied Psychology*. Here's how to keep a bad apple from derailing your success:

Seek meaningful projects. "People who believe they're growing and learning seem to be less affected by de-energizing coworkers," says study coauthor Gretchen Spreitzer, a professor of management at the University

of Michigan's Ross School of Business. Your to-do: Establish goals and pursue assignments you're passionate about.

Pick the right team. "Collaborating with people you like can buffer you from coworkers who deplete you," says Spreitzer. Surround yourself as much as possible with colleagues who inspire you.

Set limits. If you have to deal with a toughie from 9 to 5, keep meetings brief and one-on-one interaction to a minimum. When you're on your last nerve, Spreitzer recommends distance: Take a walk before responding to a hostile e-mail. Keep your cool, then cue the victory dance.

THOMAS

Filling the hearts and tummies of kids in need

NO LUNCH MONEY:(

Florida mom Dianna Thomas was stunned one day in 2011 when she got an e-mail from her daughter Brooke's school board. The year had barely begun, but Brooke's lunchtime cash account was almost empty. When Dianna asked Brooke, then 7, where the money had gone, the answer broke her heart. "She told me she was buying snacks for classmates who were still hungry after lunch, but didn't have money to buy anything," Dianna recalls. "These kids were going without food. It was an eye-opener."

MAC 'N' CHEESE, PLEASE

After learning that more than half the children in her area of Pasco County, FL, were on free or reduced-price lunch, Dianna,



"I was so proud of Brooke's compassion," says Dianna of her daughter (above, last April at the Thomas Promise pantry).

42, and her car dealershipowner husband, Wade, 46, started the Thomas Promise Foundation, a nonprofit that provides needy local schoolchildren with a weekend's worth of provisions. Each week, Dianna drives 45 minutes to a warehouse operated by the charity Feeding America to buy enough nonperishables to feed 1,000 kids. Then she and a team of 15 volunteers - including Brooke, now 11 - spend two days sorting everything from fruit cups to Annie's Homegrown Macaroni & Cheese into plastic bags that are later distributed at 19 schools.

FULL BELLIES

To date, Dianna and her team have raised more than

\$173,000 from corporate sponsors, grants and private donors. Soon they hope to add more schools to their roster. "When we developed this, I wanted to be sure that no matter what a child's situation at home was, she'd have food in her belly," says Dianna.

Sarah Patterson, 37, a disabled mom of four kids ages 6 to 12, says Dianna's bags get her gang through the month. "We're on food stamps; they always run out," Sarah says. "Sometimes it just feels impossible, like *How am I going to feed these kids?* Knowing we have the bags to fall back on is a comfort."

-Michelle Hainer

Support Dianna's work at thethomaspromise.org.



Whenever one of my friends calls, it's a two- to three-hour conversation. What can I do to politely cut the talk short?

HOW OFTEN do you speak with this longwinded pal? If the answer is once in a blue moon. it should come as no surprise that your chats run long. To make them quicker, catch up more often, in smaller doses. Shoot her texts or e-mails throughout the week: then, next time she gives you a buzz, set a time limit: "Sue. it's great to hear from vou, but I've only got 15 minutes before I have to pick up my kids." When you're ready to hang up. firmly say, "I have to go now." Offer to call her back at a later date, and explain that while you love gabbing with her, your hectic schedule means sprints are better than marathons.

HAVE A QUESTION?
E-MAIL PEGGY
@GOODHOUSEKEEPING.COM.



ARIANNA HUFFINGTON COFOUNDER OF THE HUFFINGTON POST

ADVICE I'D GIVE MY YOUNGER SELF

"If I could go back in time, I'd tell myself, Arianna, your performance will actually improve if you commit to working hard and unplugging, recharging and renewing yourself. That would have saved me a lot of unnecessary stress, burnout and exhaustion."

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just 6



amateur seamstress to CEO

BRANDI TEMPLE wasn't addicted to Facebook before she started selling handmade girls' dresses there in 2010. In fact, "I wasn't even on it," she admits. "But I knew my customers were checking their profiles while parked in the carpool line and putting up pictures of their kids." Her instincts were spoton: Within minutes of posting her cheerful, wallet-friendly designs, Brandi received a deluge of requests. Five years later, her online clothing store, Lolly Wolly Doodle (named after her niece), is a multimillion-dollar enterprise that employs more than 100 people, mostly in her once-struggling hometown of Lexington, NC. GH asked Brandi how she parlayed her sewing savvy into a business that's become an e-commerce model for retailers everywhere.

NEVER IN MY WILDEST DREAMS DID I THINK I'D BE

A CEO. Around 2008, the company my husband worked for started losing business during the construction downturn, so I began sewing dresses and putting them on eBay to make extra money. When we began selling on Facebook, demand really took off, and we needed help, fast—so I got two ladies from church and my husband's aunts to sew. We were going around the clock; I was working shoulder to shoulder with everyone. You'd find me sewing one day, shipping packages the next. Growing it into a bigger business was scarv. Even now, there are times when I'm like, Oh my gosh, what was I thinking? That's when I take a deep

breath and say, Look at all the people who have jobs look at what you're building. This is so much bigger than you. Suck it up, Buttercup!

I'VE LEARNED TO TRUST MY INSTINCTS. The majority of the time, they're right. I knew, for example, that our tremendous Facebook sales would end one day—and they did. [Facebook changed its News Feed filter in 2013], and in one year, we lost 70% of our business! We gained it back in other ways over time, but we should've anticipated what would happen. Now, when my gut tells me that something is wrong, I act on it.

I LOVE HELPING MOMS ON A BUDGET DO SPECIAL THINGS FOR THEIR KIDS.

I want to give moms something

beautiful that they can easily afford and take pride in putting on their kids. One of our customers, a military mom, told me her husband had been killed in the line of duty; she wanted to buy a dress for her 9-month-old and monogram the bottom of it with his initials. That's the kind of person I'm in business for.

MY GRANDMOTHER GAVE ME A TIP I USE TO

THIS DAY. When I was little. she would say to me, "If they can't eat you, what are you scared of? What's the worst thing they can do?" It stuck with me. Sure, if I screw up. I may get embarrassed but tomorrow, I'll forget about it. If they can't eat you, who cares?

- as told to Lori Majewski

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HOUSEKEEPING WOUNDOWSHELF

BEST NEW READS

FAMILY SAGA

The Art of Crash Landing by Melissa DeCarlo

In this tender story of selfdiscovery and forgiveness, Mattie unearths secrets about the alcoholic mom she realizes she never really knew. \$16

FRIENDSHIP DRAMA

The Clasp by Sloane Crosley A dryly funny debut novel about a group of college pals swept up in a transatlantic mission

to locate a famous necklace. \$26

HEART-TUGGER

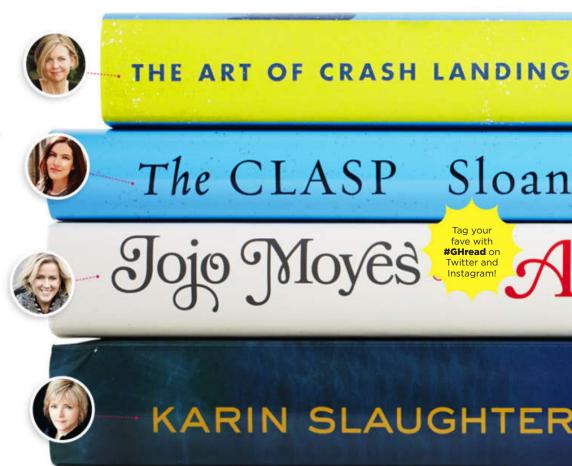
After You by Jojo Moyes

The sequel to Moyes's best seller Me Before You finds Lou reeling after her true love's death—until a surprise guest shows up at her door and helps her see the world in a new light. \$27

MURDER MYSTERY

Slaughter Estranged since decades ago, Claire and Lydia reunite after Claire's husband is killed. The

Pretty Girls by Karin their sister's disappearance question is, could the two crimes be related? \$28



BOOKS TO HELP KIDS COPE



Confessions of an Imaginary Friend by Michelle Cuevas

Jacques is sad when he learns he's invisible; suddenly he feels as if he doesn't belong. A clever tale about finding purpose and self-acceptance. Ages 8-12, \$17



Double Happiness by Nancy Tupper Ling

For little ones struggling with fears about moving away from buds and family, a sweet story about sibs who make keepsake boxes before relocating to their new home Ages 5-8, \$17



The Monster Who Wanted It All by Andi Green

The WorryWoo Monsters series' newest creature, Zelly, teaches kids about the importance of sharing - and the book comes with a stuffy! Ages 3 and up. \$36

STUART TYSON/Studio

MORE GOOD READS Lives intersect in '70s New York in City on Fire (\$30), • A woman recalls the troubled life of her hoarder mom in the memoir White Dresses (\$16). • Short stories set in communist Russia intertwine in The Tsar of Love and Techno (\$25).

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MARNING

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How can the four words every woman dreads mean something different each time they're spoken? Four brave survivors share why breast cancer and its treatment are now more personal—and *personalized*—than ever before

BY STEPHANIE BOOTH

Breast cancer is breast cancer is breast cancer.

Stage 0 means "caught early," and Stage IV means "advanced," but otherwise it's all one disease, right? Wrong.

Over the last few decades, research has revealed that breast cancer is, in fact, many different diseases, and stage is only part of the story. Other factors—e.g., the cancer's subtype, whether it is activated by estrogen and progesterone (known as hormone receptor status) and a tumor's genetic makeup—are "as fundamental in deciding on treatment and prognosis," says Mariana Chavez Mac Gregor, M.D., a breast oncologist at MD Anderson Cancer Center.

The subtypes tell us about the biology of the tumor ("They show that a tiny tumor may be aggressive or that a large

tumor may be slow-growing," says Dr. Chavez Mac Gregor), while genetic profiling can help doctors predict whether a tumor may spread or recur. Put together, this information is used to select the best treatment, says Elisa Port, M.D., codirector of the Dubin Breast Center at Mount Sinai Hospital in New York City. And this knowledge is expanding rapidly. "Soon we're going to slice the pie in thinner slices. Not all patients with triple-negative will be treated the same. There may be groups in the HER2+ population who may not need chemotherapy," says Dr. Chavez Mac Gregor. "That's how we see the future of oncology."

Here, four inspiring women reveal their personal diagnoses — and the triumphant battles that followed.





"I have been given a second chance."

It takes a strong woman to fight through personal tragedy coupled with **Stage III triple-negative** breast cancer — and win. But mom of two Shuntell Marshall, 33, is up to the task.

"MY WORLD STOPPED"

The year she turned 32 "was the worst year of my life," says Shuntell. In April 2013, her mother, whom Shuntell considered her best friend, passed away unexpectedly. Then, in July 2014, Shuntell gave birth to Khaydree, who had a chromosomal abnormality and died eight days later. "My world stopped," Shuntell says.

The stay-at-home mom to Samiyyah, 10, and Nazeeh, 6, was still griefstricken when in late November, after a shower, she felt a quarter-size lump in her left breast. A mammogram, ultrasound and biopsy revealed that it was a malignant tumor and that the cancer had spread to her lymph nodes. "Getting that diagnosis was my lowest of lows," Shuntell says. Instead of starting treatment, she shut down and put it off. For weeks, she was depressed and couldn't sleep. She relied on her husband, Derek, 37, his family and her closest friend to take care of the kids.

Then one night Shuntell dreamed of her mother, who assured her she was going to be OK. "It was as vivid as if she were sitting next to me," she remembers. The next morning, Shuntell woke feeling hopeful. She scheduled her first chemotherapy treatment.

PIZZA AND ROLLER SKATING

In January, Shuntell began six months of chemo to shrink the tumor.

"Chemotherapy is the only medication proven to impact triple-negative breast cancer," says Michael W. Hailey, M.D., F.A.C.S., her breast surgeon. "Giving it before surgery allows us to halt progression of the disease and protect the rest of the body sooner."

When she was especially weak, Shuntell made sure her kids were doing well; staffers from a local health agency took them for pizza and roller skating, and counselors from a nonprofit spoke to them about Shuntell's disease. "They were afraid of losing me," says Shuntell. "And they needed to understand what cancer was."

Because her cancer responded so well to chemotherapy, Shuntell opted for a lumpectomy in lieu of a mastectomy. A course of radiation to prevent local recurrence ended her treatment. "It's chemo, surgery and radiation all together, which impact triple-negative breast cancers," says Dr. Hailey.

BACK IN ACTION

Shuntell is expected to make a full recovery. "When my kids ask, 'Are you going to leave us?' I can tell them, 'No, Mama's going to be OK,'" she says.

"I still get scared and cry sometimes." she admits. "What if the cancer does come back? Then I think, No, I've been given a second chance."

CANCER-SPEAK. DECODED

Understand the medical nuances of this complex disease

HR (HORMONE RECEPTOR)+: Tumors grow more rapidly in the presence of estrogen (ER), progesterone (PR) or both. Premenopausal HR-positive patients may receive medication that temporarily suppresses the ovaries' estrogen production, and all women take antiestrogen drugs for years after treatment. About 70% to 75% of breast cancers are HR-positive.

HER2+: The cancer's HER2 genes (that stands for "Human Epidermal Growth Factor Receptor 2," and it's a gene we all have) produce an oversupply of — or overexpress — HER2 proteins, which are "like the engines that keep cancer cells growing rapidly," says Dr. Chavez Mac Gregor. This subtype tends to be aggressive, but thanks to recently developed targeted therapies, it's highly treatable. About 20% of breast cancers are HER2-positive.

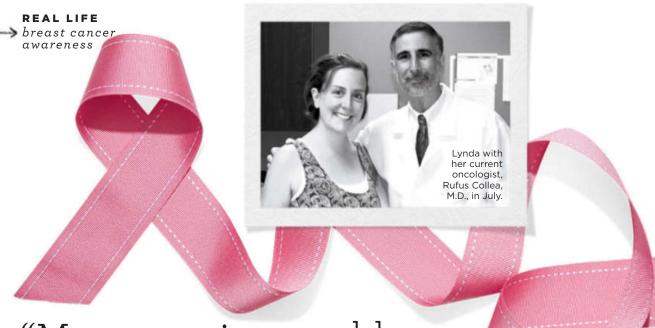
TRIPLE-NEGATIVE:

The cells are not impacted by estrogen or progesterone and have a normal amount of HER2 proteins. This may sound good, but triplenegative breast cancer, which accounts for 15% to 20% of cases, tends to spread or recur quickly and has confounded scientists. Chemotherapy is the only chemical treatment. Researchers continue to search for alternatives.

HR+, HER2+: This subtype, which grows faster in the presence of hormones and contains overexpressed HER2 proteins, is treatable with the most targeted therapies.

GOOD HOUSEKEEPING





"My cancer is treatable, not terminal."

Lynda Huba, 33, may have **Stage IV cancer**, but you'd never know it. Thanks to targeted **HR+**, **HER2+** therapies, she is done with chemo, back at work and planning a family.

THE WORDS THAT STUNG

Learning she had metastatic disease — breast cancer that had spread to her lymph nodes, liver and bones and was considered incurable — didn't upset Lynda as much as what her doctor said next. "Hearing I couldn't ever have kids," remembers Lynda, "was the most gut-wrenching part."

Lynda and her husband, Brian, both high school teachers, had been trying to conceive for months when Lynda found a lump in her left breast. "I kept thinking, What did I do wrong?" she says. But Maria Theodoulou, M.D., her oncologist at Memorial Sloan Kettering Cancer Center in New York City, where Lynda had her initial treatment, told her to stop blaming herself, and Lynda eventually listened: "My doctor said, 'It has to do with genes and environment. And although it's not curable, it's a chronic disease that's treatable, like diabetes.'"

Lynda started on chemo as well as HER2 drugs to "switch off" her body's HER2 receptors. Her tumors melted away. Soon afterward, she had a lumpectomy and ovary removal (common in premenopausal women with advanced HR-positive cancers) and started a daily antiestrogen pill. Radiation treatment was administered as a precaution to ward off local recurrence.

LAUGHING THROUGH CHEMO

So she could focus on getting well, Lynda took a leave from her job. "At first, I lay on the couch all day. I didn't want anyone looking at me," she says. Then Brian gave her a yoga DVD, which was life-altering: "It wasn't just the breathing and sweating, but also getting in touch with my emotions."

Another big help: four other women in their 30s with cancer whom Lynda met while waiting for a blood draw. "Once I met the girls, everything changed for the better," says Lynda. They began scheduling their chemo at the same time so they could keep one another company. "One day we came out roaring with laughter. My mom said everyone in the waiting room looked at us, stunned that we were so happy," Lynda says.

TEACHER OF THE YEAR

When she returned to work in September 2013, Lynda thought her students might keep their distance because she was sick. Instead, when she walked into the high school, kids threw their arms around her. "That was pretty great," she admits. Lynda was later voted Teacher of the Year.

Maintenance chemo isn't necessary for Lynda. Instead, she takes medication orally every day and via IV every three weeks and has regular CT scans to check for cancer progression.

While waiting for scan results can be "nerve-racking," Lynda keeps busy, and she stays in touch with her "girls," whether via text or over margaritas. "We're all in remission now, knock on wood," she says.

While some people still view Stage IV cancer as hopeless, Lynda says it's not: "My cancer is treatable, not terminal. I've learned to live with it. And my husband is living this with me." Despite "moments of fear," she and Brian are still planning to start a family, through either adoption or surrogacy. "We've always looked forward to having a child," says Lynda. "Now we'll just take an alternate route to that dream."

KNOW YOUR RISK Each breast cancer is different, and so is each woman's risk for developing it. To learn your likelihood of contracting the disease—and what you can do about it—take the short quiz at assessyour risk.org.

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More pills doesn't mean more pain relief.

Aleve has the strength to relieve back, body, and minor arthritis pain all day with fewer pills than Tylenol®.*

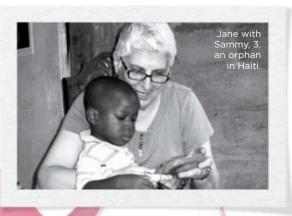
> 2 Pills. All Day Strong. All Day Long. Each pill has the strength to last 12 hours.

Use as directed.

*Comparison to Extra Strength Tylenol based on minimum label dosing for 24 hours if pain persists. Tylenol is a registered trademark of Johnson and Johnson Corporation. Bayer, the Bayer Cross, Aleve and All Day Strong are registered trademarks of Bayer. © 2015 Bayer HealthCare LLC.



REAL LIFE breast cancer awareness



"What was going to happen to the kids?"

It can be hard to help yourself when your life's work is helping others. So when missionary Jane Dennington, 62, found out she had **Stage II HR+, HER2+** breast cancer, she had to find a way to take care of it *and* the orphans who needed her.

FRANTIC FLIGHT HOME

In the U.S., getting to the doctor typically entails driving to an office. But for Jane, who was working in Haiti as a missionary last year, it wasn't quite that simple. When she noticed a lump in her breast, she spent thousands on a last-minute plane ticket home—and with so little time, she was unable to say goodbye to the beloved orphaned children she cared for.

"I worried, What is going to happen to the kids? Who will take care of them? Leaving them was an agonizing decision," says Jane.

A former paramedic, Jane fell in love with Haiti on a church trip in 2007. Soon afterward, she and her husband, Bud, 63, a retired ironworker, rented out their house in Pennsylvania, said goodbye to their five grown daughters and moved to Cap-Haïtien, Haiti's second-largest city, to become full-time missionaries.

Eventually, Jane and Bud started working with a private orphanage. And when a sick, malnourished baby abandoned in a suitcase was brought in, Jane—nicknamed "Mom" by everyone she helped—took him in, named him Sammy and raised him as her own.

About two years later, she noticed a sore spot in her right breast. It quickly grew to the size of a grape, so she went for a mammogram at a clinic. The doctor assured her the results were normal, but Jane wasn't convinced.

When she crossed paths with a Canadian cardiologist and then with an American doctor, Jane couldn't help asking their opinions. Without examining her, they both advised that she return to the U.S. immediately.

Days later, Jane tearfully hugged Sammy goodbye and boarded a flight home. The morning after her plane landed, she underwent another mammogram and an ultrasound, with a biopsy the next day. This time, her diagnosis was breast cancer.

"Stay there," Bud told her when she called. "I'll take care of everything and come to you."

Because of their ages, Jane and Bud weren't able to adopt Sammy and bring him to the U.S., so Bud arranged for him to stay with family friends in Cap-Haïtien. Jane was still devastated. "I felt I was abandoning him," she says.

GOOD WEEKS AHEAD

Jane immediately started two drugs developed to fight HER2+ cancer along with chemotherapy, says her doctor, Jame Abraham, M.D., director of the Breast Oncology Program at Cleveland Clinic. The side effects, combined with the financial stress of relocating, were daunting. "It almost seemed easier to die than to go on," she says. Then, "on day nine after treatment, it was like a light switched on. I could eat and get out of bed again. I realized I could get through more bad weeks if I knew a good one was coming."

Jane's tumor had nearly disappeared by the time of her surgery. But because she had a family history of breast cancer, she opted to have both breasts removed.

A TOUCHING GIFT

Although Jane was postmenopausal at the time of her diagnosis, she still needs a pill every day that "turns off" her body's estrogen (estrogen can be produced in fat as well as in the ovaries), and she'll be screened for cancer every three months. Her prognosis? "Extremely good," says Dr. Abraham.

Survivorship training at Cleveland Clinic has taught Jane how to go on with her life—and to find new ways of giving back, such as mentoring other women with breast cancer through the hospital. In February, she was well enough to return to Haiti to visit Sammy, now 3, and the other children in the orphanage. "Mom" was touched when friends presented her with \$60 to help pay for her cancer treatment: "These are extremely poor people. That was so much money for them."

Jane and Bud plan to visit again soon. They speak to the family friends caring for Sammy often and are helping a Haitian family in New York City legally adopt him. "I still miss him," Jane says, "but we'll always be in his life."



"It was the darkest time of my life."

When Kari Moroz, 38, learned she had **Stage III HR+, HER2-** cancer, she vowed to see Gracie, then 3, start kindergarten. Now Gracie's in the seventh grade.

TRUSTING HER MOMMY GUT

Stay-at-home mom Kari was 29 and five months pregnant when one night her forearm happened to brush against her right breast through her T-shirt and bra, and she felt something gravelly and worrisome. Her ob-gyn told her it was likely a clogged milk duct. But eight months later—after giving birth to a healthy baby, Trinity—Kari was still anxious. She went for a mammogram.

Kari will never forget the moment she received the oncologist's call: "I was in line at a Starbucks drive-through. The poor barista came to take my money, and I started bawling." She sobbed all weekend. But on Monday, she was ready to fight. "My doctor said the cancer was aggressive," she recalls. "I shot back, 'I am, too.'"

FAST-AND-FURIOUS TREATMENT

Kari began chemo immediately. "It was the darkest time of my life," she says. "Pain, puking, headaches." Two months in, the chemo was halted for a double mastectomy. Then there was more chemo, radiation and reconstructive surgery. "No more self-exams," says Kari with a smile.

NINE YEARS AND COUNTING

Because Kari was estrogen receptor-positive, she was prescribed a five-year course of Tamoxifen, a drug that blocks estrogen receptors in breast cancer cells. Happily, that regimen is now in her past, and she is writing a book about her experiences.

When she was diagnosed, Kari had set two goals: to see her elder daughter, Gracie, start kindergarten and to hear Trinity's first words. When she hit both milestones, Kari cried. Now, on every first day of school, she says, "I still cry. I asked for one year, and I got nine and counting."

ADDITIONAL REPORTING BY JULIA EDELSTEIN AND BETH LEVINE

Playtex® Living® Gloves with Drip-Catch Cuff® Your 2nd Best Friends.



Our patented cuff keeps water out so your arms and hands can stay dry.



The fit you love. The protection you deserve.



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GH REPORT

BY THE EXPERTS AT THE GOOD HOUSEKEEPING INSTITUTE

THE BIG

STAIN TEST

From Our Home Care Lab

So you spilled merlot on your white blouse? Our laundry pros are on it. Use their in-the-moment tips (right);

then, when you're back home, tackle the mess with one of our winning pretreaters (next page), which beat 33 other products on 20 common stainmakers. And learn these golden rules: 1) Act fast—the longer a stain sits and seeps in, the harder it is to remove. 2) Blot, don't rub—rubbing pushes stains deeper in. 3) Re-treat before drying—dryer heat sets a stain. Out, out, damned spot!

TREAT ON THE GO

What you do ASAP can make it easier to nix a spot later. No stain-removal wipe? Try these tricks on washable fabrics for...



lipstick

Lift solid bits with a dull knife or a spoon; blot with a dry cloth (water might dissolve it into the fabric).



Gently work in a dab of hand soap with your finger, then rinse with warm H₂O.



olive oil

Blot with a dry napkin. Sprinkle on artificial sweetener to absorb liquid, then brush away.



flower pollen

Use tape or a bandage to remove grains, or shake them off so they won't get embedded.



crayon

Harden it with an ice cube. Scrape off excess with a spoon or credit card and blot.



tea or coffee

Dab cold water on the stain, then blot with a napkin until no more comes off.



red wine

It's a rough one, since the tannins can dye fabric. Flush with cold H₂O and blot with a napkin; at home, soak in cool water 15 minutes, pretreat and wash in warm H₂O.



STAIN FIGHTERS

BEST OF THE TEST Today's

pretreaters have a tougher job than ones from a decade ago: Energy standards for washers are stricter, with water temps lowered to save energy, so the best pretreaters must work well in warm and cool H₂O. These four made the grade.

OVERALL WINNER

Carbona Stain Wizard Pre-Wash Stain Remover, \$5

This miracle worker erased grass, ketchup, mascara, crayon and grape juice in both warm and cold H₂O. (It also nixed red wine and ink in warm water. Its enzymes dissolved protein in egg yolk and grease in lipstick (it removed all but a trace of both in a warm wash). And the bottle is capped with a brush to help work the formula into fabric.



WASH WITH THE RIGHT WATER TEMPERATURE*

COLD

Blood Egg

COLD SOAK, THEN WARM WASH

Tea/Coffee Red Wine Ketchup Red Food Coloring Grape Juice

WARM/HOT

Oil Spaghetti Sauce Ballpoint Pen Crayon Lipstick/Mascara Mustard Grass Gravy Chocolate Syrup Mud Cola

*Always read care labels

PROCRASTINATOR'S PICK

Shout Advanced Ultra Gel Brush, \$3.50

In a perfect world, you'd treat a stain and wash right away (and the dishes would do themselves!). Luckily, there's this magic formula, which you can leave on fabric for up to a week: Dab it on the stain, then throw the item in your hamper until it's time to do the laundry. It worked best on crayon, grass, egg, mascara, mud, grape juice and cola in both warm and cold water.



BEAST ON GREASE

Shout Advanced Stain Lifting Foam, \$3.50

Stubborn grease stains (e.g., from burgers or bike chains) may not budge with just water and detergent; you need solvents like those in this powerhouse aerosol foam. It beat out others in warm water on oil, crayon, lipstick, gravy, chocolate syrup and spaghetti sauce, and it wiped out crayon and ketchup in cold H₂O. The spray nozzle made it the easiest to use.



BEST ALL-PURPOSE

Clorox Oxi Magic Multi-Purpose Stain Remover Spray, \$3

Your kid went a little Jackson Pollock with his grape juice or gravy on the dining room carpet? This trigger bottle annihilated those-plus wine, coffee, grass and mud. It also worked its wonders on white cotton fabric for ketchup, egg, cola, mud, grass, mascara, crayon and wine, thanks to a color-safe oxygen-based bleaching agent. And it can be used on hard surfaces in the kitchen and the bathroom.



MICHAELLE EXHUMÉ HOME CARE PRODUCT ANALYST

PRO TOOLS OF THE TRADE



For small stains, especially those requiring bleach, use an **eyedropper** to target just the stained area.



Scrape off globular stains (like ketchup and mustard) with a dull knife or a **spoon** before you go further.



Gently work stain remover into fabric with a soft-bristled toothbrush if your bottle doesn't have a built-in brush.



Place an absorbent cloth (like a paper towel or a rag) underneath to "pull" the stain out of fabric while you treat it.







Internet pirates are trolling the Web, holding your precious data hostage: **Ransomware** attacks are up 165%. Protect yourself with our tips by NICOLE SAPORITA

Melissa Darwin, a blogger and Web designer, is hardly a tech novice. But the Baltimore resident was stunned when an "FBI" alert popped up on her laptop saving her files had been locked due to illegal activity. Even more alarming, the notice included a photo of her, snapped only seconds before with her own computer's webcam. The "illegal material" she'd viewed? An animal-rescue site. The sender demanded \$400 to release her files. She Googled the alert, read what others had written and realized she wasn't dealing with the real FBI—she'd been targeted and was the victim of a ransomware attack.

How it works: After you click on an infected ad. e-mail attachment or website, hackers access your computer via malicious software (a.k.a. "malware"), encrypting (i.e., locking) or otherwise blocking access to files—even photos and videos. The ransom demand comes from what appears to be "the FBI" or a ransomware family like CryptoWall, CryptoLocker or CTB-Locker. Fail to pay by the deadline, and they'll destroy the decryption key (which unlocks files), leaving data irretrievable. Many hackers require payment - from hundreds to thousands of dollars - via Bitcoin, an untraceable virtual currency.

On the rise: Ransomware strains have been around since before 2005, but incidents have spiked over the past year. According to McAfee Labs (a division of Intel Security focused on threat research), reported attacks rose 165% in the first quarter of 2015. Businesses and law-enforcement agencies have been targeted, too. The FBI has named CryptoWall, responsible for over \$18 million in reported ransomware losses between April 2014 and June 2015, the most significant ransomware threat in the U.S. Yet when we polled 2,000 GH readers, only a quarter had even heard the term "ransomware."

HOW TO PROTECT YOURSELF FROM THOSE INTERNET PIRATES

Be smart online: Never open e-mails or attachments from unknown senders.

And be careful clicking on ads—enter a company's site via its home page. Download software only from trusted sources, and enable pop-up blockers and antivirus software—our tech pros recommend McAfee or Symantec.

Updating software may also help protect you against new malware, the Lab says.

Back everything up on an external hard drive. Barbie Wilson, a photography hobbyist from Florida, had amassed thousands of photos and backed them up daily. So when hackers targeted her files via a fraudulent Adobe update, she

just restored from her external hard drive (Lab recs: Western Digital or Seagate). Unplug the drive after backup — malware can hit any device connected to the computer. Don't rely solely on cloud backup; if files sync automatically, they can be compromised. (Barbie learned that her Dropbox account had also been attacked.)

If you're hacked: Disconnect from the Internet. Bring your computer to a servicing shop to wipe the hard drive, or do it yourself (follow steps for a "factory reset"); restore from a previous backup. Resist paying: It's no guarantee that items will be unlocked. And file a report with the Internet Crime Complaint Center (ic3.gov).



MEDICINE. MEDICINE.

Use as directed. Read each label. Keep out of reach of children.

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RACHEL ROTHMAN, TECHNICAL DIRECTOR

SCIENCE FACT FICTION?

GH went behind the scenes of *The Martian,* then consulted NASA to find out if the film was truly a preview of things to come



MOVIES SET IN SPACE are often high on thrills, low on realism. But not Ridley Scott's new flick, *The Martian*, which delivers a NASA-approved plot along with the adrenaline rush. Based on a novel by Andy Weir, the story centers on astronaut Mark Watney (Matt Damon), who gets left behind on Mars during a mission, and the commander (Jessica Chastain) determined to bring him home. The scenario is far from far-fetched. "We're on a path to have humans on Mars by the late 2030s," says Jim Green, Ph.D., head of planetary science at NASA, who helped advise Scott on things scientific. "The timeline and feasibility of habitation set out in *The Martian* is realistic," says Green, as are the roving vehicles and the ability to grow plants in Mars's soil. Book your tickets now!

WOMEN IN SPACE

We've come a looong way: When NASA was founded in 1958, every astronaut was male; in 2013, for the first time, women made up 50% of the astronaut candidate class. Today, 25% of the New Horizons team—tasked with exploring Pluto and its moons—is female.

THE STARS SUIT UP



"The space suit is hard to get into. You can't really move in it. Jessica [Chastain, left] said it's like being a baby; you have no control of your body and can only sit there and just cry or laugh...and hope somebody picks you up." — Matt Damon

"REEL" OR NOT?

NASA'S JIM GREEN GRADES SCI-FI FILMS



2001: A SPACE ODYSSEY (1968)

"For its time, it was accurate, but I think it's time for a remake."



CLOSE ENCOUNTERS OF THE THIRD KIND (1977)

"If aliens came to Earth, they'd likely send a spacecraft on its own first before visiting themselves."



E.T. (1982)

"Complex beings like E.T. might exist, but you can't fly a spacecraft in that manner."



GRAVITY (2013)

"I would give it a higher grade, but it got the way things orbit all wrong."



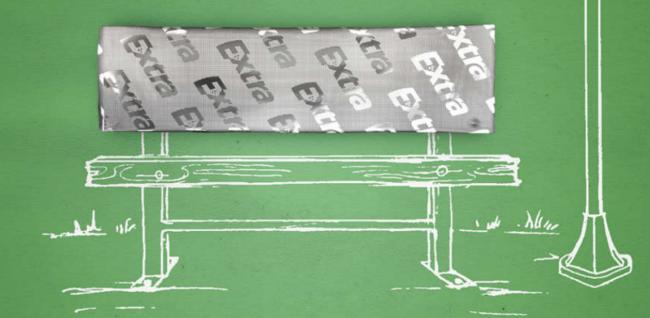
INTERSTELLAR (2014)

"They pulled in a lot of theoretical physics and tried to make it real, but it was too out-there."



CONVERSATIONS ABOUT NOTHING IN PARTICULAR





Sometimes, the little things last the longest.





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MAKE YOUR PERFECT CUP OF

From Our Kitchen Appliances Lab

method - from fine PRO TIP: Match the grind to the

WHOLE BEANS

dates. The freshest beans come from lock in flavor, and check expiration stores that roast their own or do a Look for valve-sealed bags, which brisk business, restocking often.

GET GRINDING

that won't heat beans (heat can sap their flavor); while burr grinders are supposed to generate ou're jonesing for java. You'll want a grinder necessarily true in our Lab tests. Here are ess heat than blade models, that wasn't two we deem "cool picks":

BLADE PICK: Krups Fast Touch Grinder (\$20) grinds evenly and quickly.

The Smart Grinder (\$200) gives you ultimate **3URR PICK:** With its 25 settings, **Breville's** control over the fineness of the grind **BE YOUR OWN BARISTA** FIRST-RATE BREWING REQUIRES:



beans just long enough for balanced flavor. coffee). This keeps H₂O in contact with 1. A brew time of one to eight minutes (depending on method and amount of

2. Water that stays between entire process to extract **195°F** and **205°F** for the optimum flavor.

Grind setting for your blender's 1 minute.



THERE ARE SEVERAL WAYS TO HOME-BREW THAT WILL MEET THE STANDARDS ABOVE.

Here, perks of each method, plus our Lab-tested product picks:



nates the market, but few get water to the sweet-spot temp. These do: SPLURGE: The Technivorm

Moccamaster KBGT (\$349, above) has come closest to meeting the temp standards of the hundreds of machines we've tested.

Coffee Maker (\$50) also did well n our test and keeps java hot in **Programmable Aroma Control VALUE:** The **Kenmore 12-Cup** ts carafe for up to two hours.



POUR-OVEF

over grinds into a filter placed over pour, the temp will be perfect (use a mug or carafe—by the time you Coffeemaker (\$15, above) comes over the temp. Boil H₂O and pour and they're both dishwasher-safe. **OUR PICK: The Melitta Gourmet** with a filter and a glass carafe— 2 Tbsp. coffee per 6 oz. water). 10-Cup Gourmet Pour-Over



SINGLE-SERVF

serve machine is fast and wastes no ts tank holds 40 oz. of H₂O; comes coffee - plus, there's little cleanup. For brewing just one cup, a singlethe hallmark frothy head of crema. espresso. Testers raved about the Single Cup Brewer (\$180, above) lavor and how the espresso bore **DUR PICK: The CBTL Kaldi S04** can make plain ol' java or a true



WHY USE A FRENCH PRESS?

method. Because H₂O is in contact with beans the whole time, the say oui to this flavor is extra robust flavor, the taste can rich (though If you like

to some).

in red, white, pearl white and black.







faking it on the run? Use one of these travel mugs,

which snagged the top spots in our test: The 16-oz. Thermos Vacuum Insulated SPLURGE:

than in a ceramic one (though it's

not everyone's cup of tea).

an insulated mug. Our pros swear java tastes better in a glass mug

(key for leisurely drinkers), buy

To keep coffee hot-hot-hot

SIP IT NOW



is double-wall nsulated and

nolds 10 oz.

Bistro (\$15) The **Bodum**

OUR PICK:

keeps joe very hot A handle makes it Travel Mug (\$30) dishwasher-safe. Julike many, it's and won't leak. comfy to grip.



Mug (\$12) won't leak, **Double Wall Travel** The 15-oz. Oxo VALUE

your mouth. (It should We love its curved lid, and coffee stays hot. guides each sip into be hand-washed.) which practically

geffy Images (cup, coffee beans, ground coffee); istockphoto (line of beans, stain).



OUR PROMISE

GH Seal products are rigorously assessed by the GH Labs. We stand behind them with our exclusive refund-or-replacement limited warranty.

SEAL SPOTLIGHT

SWEET DREAMS

Rest easy knowing these bedtime Seal stars have your family covered all through the night



ALLERGY BLOCKER

Tightly woven fabric keeps dust mites, pet dander, pollen and other allergens from accumulating in the pillow and comforter. Both can be washed in hot water and are dryer-friendly for better germ-killing.

AllerEase Hot Water Washable Allergy Protection Pillow, \$10 (standard/queen), and Comforter, \$110 (full/queen)



TOTAL DEFENSE

This mattress case protects against bedbugs (ick!), creates an allergen barrier and is waterproof (making nighttime accidents no problem). Our Textiles Lab also found almost no shrinkage after five hot-water washes.

Protect-a-Bed AllerZip Terry Mattress Encasement, \$150 (queen)



SUPER SHEETS

Don't let the pretty pastel shades fool you-these sheets, which fit mattresses up to 17 inches deep (perfect for beds with toppers or ultra-plush models), proved strong in our Lab's review, and they're soft, too. They resist pilling and hold up to multiple washings.

JCPenney Liz Claiborne 400tc Ultra Fine Cotton Sateen Sheet Set, \$120 (queen)



MAGIC MATTRESS

You can enjoy personalized support on each side of this plush-top style (couples, rejoice!), with individual air chambers adjusting for just the right amount of firmness. A wireless remote stores both settings for the best slumber every night.

Sleep Number c4 Mattress Set, \$1,800 (queen); includes base



BEAUTY SLEEP

The hyaluronic acid in this night cream restores moisture while you snooze to combat wrinkles, dryness and dull-looking skin. Garnier Ultra-Lift Miracle Sleeping Cream, \$17

RAISE YOUR SHOPPING IQ

SMART WAYS TO

SAVE TIME & MONEY

Technology has changed how we shop, and the latest innovations are making it easier, safer and (in some cases) cheaper to speed through your shopping list. Our Lab pros say these trends and services are the ones to watch



SHOP LIKE THE IFTSONS

OK, so we're not zipping around via jetpacks, but these innovations are making a visit to the store feel like a trip to the future.

FUTURISTIC MIRRORS

When Jane Jetson needed to get dressed, she'd step behind a screen that projected different outfits onto her body. We're almost there! Neiman Marcus stores in California and Texas are piloting Memory Mirrors from MemoMi that let customers create films of themselves in various outfits from every angle. Compare footage to help you decide between, say, skinny and bootcut ieans. (Users download the store app and create a unique login to keep the images private.) Intel, which powers the technology, says the mirrors will be at more chains in 2016. At Rebecca Minkoff boutiques in New York City, San Francisco and L.A., dressing-room mirrors ID what you're trying on (using sensors on tags) and suggest other items you might like. And if the dress you snagged is too big, you can ask via a few taps on the mirror that another size be brought to you.

"TALKING" STORES



Rosie the robot was more than the Jetsons' maid she was a font of information. Through "beacon" technology, stores are offering similarly personalized

assistance: Download a brand's app and opt into its in-store program. When you arrive, sensors placed throughout the store can tell what department you're in and zap relevant product info and deals to your phone. Macy's uses the technology (through the Shopkick app) to send offers from its weekly ads; GameStop lets your preteen view exclusive video game trailers; and Target sends discounts to your phone and indicates which clothing items near you are trending on Pinterest. By the holidays, a new feature will sort your shopping list based on the most direct path through the store.

NEXT-LEVEL SHOES

Family shoe-shopping is rarely a walk in the park. Luckily, cool tools are delivering happy feet. For Dad, the Left Shoe Company in Los Angeles and New York City will do a 3-D scan of his feet (it's a series of camera shots, not an X-ray, so there's no radiation risk) and create a digital file of his specs. When he needs a new pair, he orders a style (online or in-store) that matches his size and width. Apps let vou assess kids' shoe sizes before you go to the store by either scanning each child's foot on a tablet (Foot Fairy) or using a digital "measuring stick" (Pediped). (The tech needs refinement, but it's coming along.) And you can find *your* dream pair. thanks to Shoes of Prey: Select everything from heel height to fabric (online or in-store at select Nordstrom locations), and they'll be shipped to you in two to four weeks.

HIGH-TECH SECURITY FOR CREDIT CARDS



Anyone can scribble a signature or type in a password, so companies are coming up with new ways to keep your money and identity safe:

FACIAL RECOGNITION

MasterCard is testing an app that allows online shoppers to snap selfies instead of typing in a password—after the phone recognizes your facial features, payment is approved.

VOICE RECOGNITION

Nuance, which reportedly helped develop Siri for Apple, is working with U.S. Bank and USAA Bank to roll out a voice-based security measure: Instead of typing a PIN, you say a password into your phone. Your voice is analyzed (everyone's is unique), and access is granted.



LEAVE YOUR WALLET AT HOME

Paying with a traditional credit card carries risks: Your account number can be stolen by waiters (when they take the card out of sight) or by hackers at almost any retailer. Smartphone payment options are often easier and can be safer (though nothing is foolproof). Our tech pros are excited about where things are going. At right, three to know about.







Look for these logos at the register!



APPLE PAY

How it works: Set it up by opening the Wallet app and tapping "Add Credit or Debit Card." Use the camera to "read" the numbers on your card (the card image isn't stored in your camera roll) or enter the numbers manually; your bank will authorize it for use—the process may require a phone call or verification e-mail. Purchase items by holding vour iPhone near any credit card reader with the NFC or Apple Pay logo while keeping a finger on the Touch ID fingerprint sensor. Many retailers accept it, including Whole Foods Market and Walgreens.

Is it secure? It's likely safer than a traditional card because it has several security levels. Your bank issues a "token" number for each card, and every purchase is authorized with a unique security code. Merchants have access only to the token number, never your card number. And for added security, you verify transactions with your fingerprint (which Apple encrypts to prevent theft), making funds tough to access in your absence.

You'll love: Apple doesn't store data about your purchases, which means it isn't building a profile of you and won't target you with ads related to things you've bought. You can also store loyalty cards in the Wallet app. The rub: It works only with the iPhone 6 or 6 Plus, iPad Air 2 and

iPad Mini 3 and Apple Watch.

ANDROID PAY



to set up a device lock, such as a code) and holding it near any credit card reader. You can use it at many retailers, including Petco, Bloomingdale's and Panera Bread.

Is it secure? Because it uses token technology, it's likely safer than a traditional card. However, as of press time, Android Pay does not offer fingerprint verification to authorize payment, as Apple does. You'll love: You can use Android Pay on an older Android phone as long as it's running OS 4.4 (KitKat) or higher. And you can store loyalty cards to let you earn and use points.

The rub: Android's developer, Google, may store and use data on your buying habits, though it won't share that info.

PAYPAL



How it works: Set it up by scanning cards via the camera (or inputting numbers) as you would with Apple Pay or

Android Pay. To shop, check in at participating retailers via their apps or the PayPal app. Payment can be simple (one-touch) or complex (using passcodes)—you decide. PayPal is available at many retailers, including Home Depot and Toys "R" Us. Is it secure? It's probably safer than a traditional card because of the extra security measures (add up to three layers of authentication). And PayPal never shares your card info. You'll love: At shops that accept PayPal, like Subway, you can often pay ahead of pickup.

The rub: PayPal requires cell reception—so if you're out of range, you're out of luck.



Run errands and be charitable at the same time. Shop these brands to do good and get karma points.

BE KIND TO THE PLANET Eddie Bauer's Global ReLeaf

Global ReLeaf project makes being green easy: Add \$1 to your order, and a tree will be planted.

L.L.Bean has donated more than \$8 million over the last five years to U.S. nonprofit conservation and outdoorrecreation groups.

HELP KIDS GET AN A+ EDUCATION

For each pair of shoes sold, **Juntos** donates a supplyfilled backpack to an at-risk child in Ecuador.

Buy a pair of **Roma Boots**, and a free
pair—stuffed with
school supplies—
is sent to a child
in need.

GIVE SHELTER PETS A LEG UP

A full 20% of proceeds from Grounds & Hounds Coffee Co.'s fair-trade java goes to animal-rescue groups.

Halo Pets donates more than 10% of profits to help feed shelter animals.



-..





Plate and food enlarged to show texture.

extraordinary NUTRITION + exceptional TASTE

With 40% protein, including real chicken or salmon as the first ingredient, new Purina® Pro Plan® Savor® Shredded Blend adult dry cat food is an ultimate combination of crunchy kibble and tender, meaty shreds. This is Nutrition that Performs®.

Available exclusively at net specialty retailers such as:

PETSMART

petco 📧

PET SUPPLIES

NOT FOR RESALE. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item(s) purchased. Limit 4 like coupons per household per day. No cash back awarded. Any other use constitutes fraud. RETAILER: Nestlé Purina PetCare Company, Immar Dept. #17900. † Fawcett Dr., Del Rio, TX 78840 will redeem this coupon per the Coupon Redemption policy found at www.purina.com/terms-and-conditions. Customer must pay sales tax. GOOD ONLY IN THE USA, APOs, FPOs. Cash value: 1/20c.

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MANUFACTURER'S COUPON EXPIRATION DATE: 3/31/2016

SAVE \$2.00

ON ONE (1)
BAG OF
PURINA®
PRO PLAN®
brand Dry (at Food
SAVOR®
SHREDDED





OUTSOURCE

The explosion of services that will take care of just about any task for you-stat!-is astounding, and some can save you money as well as time. We don't have space to list all of them, but at right are a few we've bookmarked.

Never wait at the post office again.

For a \$5 flat fee, **shyp.com** will come get up to 20 items (as long as they all fit in the backseat of a car), pack them and ship them at the lowest cost available. (The items can go to different addresses.) It's never been easier to get that framed photo to Mom for her birthday.

Make tech-toy setup a snap. Buy a tech gadget, such as wireless speakers, through Enjoy (goenjoy.com), and you can schedule a time—as soon as four hours after purchase—to have a trained expert deliver the device, install it and give you an hour-long tutorial. Enjoy offers competitive pricing in New York City and San Francisco and has plans for expansion early next year.

Restock the medicine cabinet today. Used up the toothpaste this A.M. and won't have a chance to run to the store? Several services have your back. Amazon.com offers free same-day shipping on qualifying orders over \$35

to Prime customers (\$99 annual membership) in 14 metro areas—order by noon, and your package will arrive by 9 P.M. (It also offers one-hour delivery in select areas for an additional fee via its Prime Now service.) Macy's delivers most store items on the day they're ordered in more than 15 cities, and Google Express offers members sameday delivery (free for orders over \$15).

Hire a personal shopper. Love fashion, but don't have the time (or knowhow) to cruise the racks? You'll heart the virtual personal stylist Stitch Fix (stitchfix.com). The site gets to know your style, sizing and price points and—for a \$20 styling fee—delivers five handpicked items to your door. You can send the items back if you want, but if you keep any, the fee you've paid goes toward the purchase. (Keep all five, and you'll get 25% off of everything!) Get shipments regularly, or do it as a one-off-there's no membership fee.



DINNER'S READY! Our Lab tested five popular services that deliver the precise amounts of raw ingredients for creating a gourmet meal. Here, how they cooked up.

BLUE APRON

BEST FOR

Busy couples who want to learn to cook

\$70 for two meals for a family of four

Its site offers help via videos. "My girlfriend and I never make new dishes—it's so much work! With this, we had lots of handholding," said a tester.

Doesn't offer full nutritional info. One couple complained, "We were still hungry.



SAMPLE DISH Salmon with Fava Beans

PLATED

BEST FOR

Foodies

\$48 for two meals for two people

Cooks learn to use new ingredients (e.g., banana leaves, exotic spices). A novice chef raved, "Tasted like a five-star restaurant meal." Has the most recipe options.

CONS

Lots of techniques, steps and tools required: meals could use more greens for nutritional value.



SAMPLE DISH Za'atar Beef Koftas

THE PURPLE **CARROT**

BEST FOR

Vegans; those who are gluten-free; health nuts

\$59 for three dinners for two people or two dinners for four people

Offers vegans a great-tasting culinary experience without compromising their dietary preferences.

CONS

Some produce came wilted. All cooks found prep lengthy. "It took a long time for pasta," said a working parent. Not enough protein.



SAMPLE DISH Black Bean Enchiladas

HELLO FRESH

BEST FOR

Families who put a premium on nutrition

\$109 to \$129 for three meals for a family of four

It rated highest overall and was deemed most nutritious Directions were clear; prep was simple; testers of all ages liked the meals.

CONS

The only service from which a highly perishable item (chicken) arrived at an unsafe temp (over 40°F).



SAMPLE DISH Shrimp Orecchiette with Zucchini and Mint

PEACHDISH

BEST FOR

Big families or those who are entertaining

\$57 for one meal for four (order regularly to get \$7 off). Pick up to 12 servings of any dish.

PROS

Simple instructions. "My 9-year-old followed them easily," bragged one mom. The only company that lets you order for as many as 12 people.

CONS

Not particularly Southern, though it claims to be.



SAMPLE DISH Chicken Breast, Walnut and Snow Pea Salad

Cook Better, Faster, Easier

Discover the perfect NEW LG range with ProBake Convection™ for your home.

Wish your at-home culinary adventures could be as effortlessly delicious as that amazing meal you just enjoyed at your favorite local café? Kick commercial kitchen envy with NEW **LG Ranges with ProBake Convection and EasyClean® Technology**, the first freestanding ranges for the home to deliver professional-style convection technology.



How It Works

LG ProBake Convection moves the oven's heating element from the bottom to the back wall—instead of heat being centralized beneath the bottom rack, it's evenly circulated throughout the entire oven. The results? Consistent browning on top and bottom, baked-to-perfection cookies, and 20% faster roasting in electric ovens.*

A Clean Oven in Just 10 Minutes

Better baking is just the beginning. **LG EasyClean**® brings you the fastest oven-cleaning feature yet—get it sparkling-clean in 10 quick minutes and three easy steps, without strong chemical fumes or high heat.**



For Gourmet Grillers

Infrared cooking—which uses the same technology as premium outdoor grills—delivers juicier results than traditional thermal cooking.

Where to find it: LG 7.3 Cubic Feet Electric Double Oven Range with ProBake Convection™, EasyClean® and Infrared Grill System, Model # LDE4415



For the Ultimate Hostess

A double oven means no guest list is too big—cook all your favorite dishes, at different temperatures, at the same time.

Where to find it: LG 6.9 Cubic Feet Gas Double Oven Range with ProBake Convection™, EasyClean® and UltraHeat™ Burners, Model # LDG4315



For Potluck Partiers

A warming drawer is a must-have for serving an array of perfectly prepared dishes all at once.

Where to find it: LG 6.3 Cubic Feet Gas Single Oven Range with ProBake Convection™, EasyClean® and Warming Drawer, Model # LRG4115





**As of June 2015. Heavy buildup may require additional manual effort or use of the full self-clean feature

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Late-night studying, stress, and poor eating habits are a part of college life—and so is getting sick. Inevitably there will be some days when your college student feels less than her best. According to the research company Mintel, 82% of 18-24 year olds have reported having a cold and 66% reported having allergies at least once in the past 12 months. With so much sneezing around, we're taking a deep dive into these frequent offenders to shed some light on the key differences and how you can make sure your student is well prepared so she can focus on more important things (like studying!).

COLD OR ALLERGY?

Colds and allergies share many of the same symptoms—like sneezing, runny nose, and congestion—so it's easy to be confused. Here are a few rules of thumb that can help determine which it is: If fever is present, you're more likely to have a cold than allergies. Itchy eyes? That's a telltale sign that an allergy is present. Did symptoms happen immediately (allergy) or did they develop over time (cold)? And that sore throat that's incredibly annoying? If it's itchy, it could be an allergy, but if its very sore—so much so that it's difficult to drink water—that's most likely a cold.

Crowded areas with shared living spaces (like a college dorm) increase the opportunities for germs to spread. Alternatively, allergies are not caused by a virus. It's the body's way of

responding to the exposure of allergens—it triggers the immune system, ultimately making you feel crummy.

FACT OR FICTION?

When illness strikes, sometimes the first place we turn to for quick information is the Internet. And while there are many credible sources for information online, there is also a fair amount of misinformation, including "secret remedies" and unproven methods to "cure" a cold. See if you can guess which of these well-known "facts" are indeed the truth.

If your child didn't have allergies when she was young, she won't get them later in life.

False. Allergies can develop at any life stage—and environment can play a big part. When we move to a new location, such as college, we can be

introduced to a whole new set of allergens, which can trigger an allergic reaction.

Allergies happen only in the spring. False. Allergies can happen any time of year—even in the winter. Indoor triggers such as house dust, pet dander, and mold can make you feel just as miserable as in a "typical" allergy season.

Going outside without a coat in cold weather will make you sick. False. If you've ever yelled "put your coat on, you'll get sick!" you were off-base. Many articles have cited that this is indeed an old wives' tale, and most likely due to the fact that as the temperature drops, cold and flu cases increase.

Chicken soup actually works! True. In one lab study from the University of Nebraska Medical

Center in Omaha, researcher Stephen Rennard, M.D., discovered that his grandmother-inlaw's chicken soup recipe might help relieve some of the inflammation behind cold symptoms.

THE FEEL-BETTER BOX

Help your college student be prepared for potential sick days. Sending her a "feel-better box" will give you peace of mind that she will have everything she needs and isn't just "riding it out" with only rest (something that 30% of adults 18+ do, according to Mintel research). A well-stocked kit should include tissues, disinfecting wipes, and overthe-counter medicines* such as decongestant, cold and flu medicine, antihistamine, and cough syrup, which will help to alleviate symptoms. For everyday low prices and brands you trust, visit your local Walmart.



FOR COLDS

Relieves your worst cold and flu symptoms Use as directed



FOR ALLERGIES

ZYRTEC® starts working hour 1 on the first day you take it Use as directed



FOR SINUS CONGESTION

Maximum-strength sinus congestion relief Use as directed

DRINKS TO BOOST YOUR IMMUNITY

These super smoothies have ingredients rich in antioxidants which can help keep your immune system in good working order.



Green Light Smoothie

4 leaves kale, stems and tough ribs removed and discarded
1 cup coconut water
1 cup seedless green grapes
1 small (½-inch) piece fresh peeled ginger, sliced

Combine above ingredients in blender and blend until mixture is smooth. Strain through a fine sieve into a large measuring cup; discard pulp.



Great Grape Smoothie

½ cup grape juice ¼ plain low-fat yogurt 1 cup frozen seedless red grapes

In blender, combine ingredients and blend until mixture is smooth.





I, lid, take you, base,
to be my partner for life.
With snap-locking, I promise
to fit and contain, through
refrigerators and cabinets,
for lunches and for leftovers,
even if the microwave
pulls us apart.







When it comes to peeling off the pounds, where you found the recipe may matter just as much as what you're whipping up. A new study reveals that home cooks who browse magazines (ahem) and blogs for food ideas weigh about 11 pounds less than those who turn to TV and social media instead. One possible

reason: Watching Ina make a dish is an all-consuming experience that leaves little room for thoughts of calories. Plus, seeing celebs devour indulgent meals distorts your notion of portion size, says study author Brian Wansink, Ph.D. Want to be a skinny chef? Turn to page 153 for GH triple-tested recipes.

BANDCAMP





PUPPET MASTER

WORKS: SHOULDERS, ARMS, GLUTES, LEGS

Stand on center of band with feet hip-width apart, a handle in each hand. Lift right leg to right side (about 45 degrees) and bend arms until elbows reach armpit level, as shown. Lower leg and arms. Do 12 reps, then switch sides.

BAND AID: A band's color signifies its resistance level. Typically, yellow or orange is light, green is medium and red is heavy. (La is using gray, or ultra-heavy.) Newbies, try medium.



.com, \$9 to \$14.

Top and sneakers.

asics.com. Pants.

caliastudio.com.

WORKS: ABS. GLUTES. HAMSTRINGS

Begin on hands and knees with band looped around center of right foot, a handle in each hand. Kick right foot back until leg is parallel with floor, as shown. Bring knee to chest, without lowering right leg, for one rep. Continue for 12 reps; repeat on left side for 12 more.

BAND AID: To prevent the band from slipping or (ouch!) snapping, keep your foot flexed and make sure the band is in the arch of your foot.





SIP SOME BRAIN FOOD

BRAIN HEALTH





26 Vitamins & Minerals

25% Daily Value B Vitamins

Here's some knowledge: B vitamins support brain health.* Good thing Ensure® has 25%* of your daily value covered with complete, balanced nutrition to support you from head to toe. Now that's playin' it smart.

Learn more at ensure.com/brain

Use as part of a healthy diet.

*B12 and folate

*Among doctors who recommend liquid nutritional products

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Introducing **NEW IBgard®**,

a medical food for the dietary management of IBS. In a clinical study, IBgard® was shown to start working as early as 24 hours*. It delivers ultra-purified peppermint oil quickly and reliably to the small intestine – where it's needed the most.





IBgard® Calms the Angry Gut®*

Ask your doctor about NEW, nonprescription IBgard®, now available in the digestive aisle at CVS/pharmacy and Walgreens

*Based on a randomized placebo controlled study in 72 IBS patients. Patients taking IBgard experienced a statistically significant reduction versus placebo in the total IBS symptoms score, including abdominal pain and discomfort, at 24 hours and at 4 weeks.

Results may vary. Medical foods do not require preapproval by the FDA but must comply with regulations. Use under medical supervision. The company will strive to keep information current and consistent, but may not be able to do so at any specific time.

LEGAL NOTICE

If You Purchased a Product That Contains Flexible Polyurethane Foam,
Such as a Mattress, a Couch, or Carpet Underlay,
You Could Be Eligible to Receive Money
by Participating in Nine Proposed Class Action Settlements Valued at
\$151,250,000.

TO DETERMINE IF YOU ARE ELIGIBLE TO RECEIVE MONEY, READ BELOW. YOUR LEGAL RIGHTS ARE AFFECTED.

PLEASE READ THIS NOTICE CAREFULLY.

To File a Claim, Visit www.PolyFoamClassAction.com

Para una notificación en español, llamar o visitar nuestro website.

Who is paying the settlement money?

A lawsuit known as *In re Polyurethane Foam Antitrust Litigation*, Case No. 10-MD-2196, is pending in the United States District Court for the Northern District of Ohio in Toledo. The Court previously approved Settlements with two Defendants in the lawsuit: Valle Foam Industries, Inc. and Domfoam International, Inc.

Additional Settlements have now been reached with the following Defendants: (1) Carpenter Co., (2) FFP Holdings LLC, (3) Future Foam, Inc., (4) FXI Holdings, Inc., (5) Hickory Springs Manufacturing Company, (6) Leggett & Platt, Incorporated, (7) Mohawk Industries, Inc., (8) Vitafoam (Vitafoam Products Canada Limited, and Vitafoam, Inc.), and (9) Woodbridge (Woodbridge Foam Corporation, Woodbridge Sales & Engineering, Inc., and Woodbridge Foam Fabricating, Inc.). Together, these "Additional Settling Defendants" will be paying a total of \$151,250,000 into the Settlement Fund. There are no other Defendants that have not settled.

What is the lawsuit about?

Several individuals and businesses ("Plaintiffs") brought claims on behalf of a Class of end-user "indirect" purchasers of products that contain flexible polyurethane foam manufactured or supplied by the Defendants. These products include bedding (for example, mattresses, mattress toppers, or pillows) carpet underlay (also called carpet padding or carpet cushion), and upholstered furniture (for example, a sofa with foam cushions).

Plaintiffs claim Defendants engaged in a conspiracy to: (i) increase prices of flexible polyurethane foam and (ii) not compete for, or "allocate," customers. Plaintiffs contend Defendants violated numerous States' antitrust and consumer protection laws. Defendants deny these claims and deny they are liable to Plaintiffs in any way. The Court has not decided who is right.

Who is included in the lawsuit?

YOU are included in the lawsuit and may be entitled to money IF:

- 1. You purchased one or more of the following products containing flexible polyurethane foam that was manufactured in the United States: upholstered furniture (such as a couch with foam cushions), carpet underlay (foam padding), or bedding products (such as a foam mattress or pillow), and
- 2. You are the end-user of the product that you purchased, meaning you did not buy it for resale to someone else, *and*
- 3. You made your purchase in AL, AZ, CA, CO, DC, FL, HI, IL, IA, KS, ME, MA, MI, MN, MS, MO, NE, NV, NH, NM, NY, NC, ND, OR, RI, SD, TN, VT, WV, or WI, and
- 4. You made your purchase during the time period January 1, 1999 to August 1, 2015.

What do the Settlements provide?

Defendants in the nine Settlements will pay a total of \$151,250,000. If the Plan of Allocation is approved by the Court, payments will be made to each Claimant from each Settlement *pro rata* based on the number of valid claims filed and the amounts paid for qualifying products. You can obtain more details about the Plan of Allocation at www.PolyFoamClassAction.com, or by calling 1-866-302-7323.

The Settlement Fund may also be used to pay for: (1) the cost to administer the Settlements, (2) attorneys' fees, costs, and expenses, and (3) awards to Class Representative Plaintiffs. Plaintiffs' counsel will request attorneys' fees not to exceed thirty percent (30%) of \$151,250,000, plus reimbursement of costs and expenses. The Court will then decide a reasonable fee and expense award.

How can I get a payment?

You must submit a Claim Form to get a payment. You can submit a claim online or by mail. The deadline to submit a claim is **FEBRUARY 29, 2016**. Claim Forms are available at www.PolyFoamClassAction.com, or by calling 1-866-302-7323.

Who represents you?

The Court has appointed Marvin A. Miller of Miller Law LLC to represent the Plaintiff Class.

What are your options?

- 1. Participate. If you made purchases that include you in this lawsuit and you do *not* timely request to be excluded from the Settlements, then you will automatically be bound by the terms of the Settlements. You will also be legally bound by all orders and judgments of the Court. You will not be able to sue the Additional Settling Defendants in any other lawsuit for conspiring to fix prices or allocate customers of flexible polyurethane foam. In order to get a payment from the Settlement Fund, you must submit a Claim Form.
- 2. Don't Participate. If you do not want to be a part of one or more of the nine Settlements, you may request to be excluded. If you are excluded from a Settlement, you will not be bound by or benefit from that Settlement, or any other Court orders relating to that Settlement, but you will keep your right to sue or resolve your claims on your own against that Additional Settling Defendant. To see the requirements for submitting a valid request to exclude, visit www.PolyFoamClassAction.com, or call 1-866-302-7323. Requests to exclude must be in writing and received by NOVEMBER 25, 2015.

Court Hearing

The Court will hold a hearing to decide whether to approve the nine proposed Settlements. The hearing will be on **DECEMBER 15, 2015, at 10:00 a.m.** at the Ashley U.S. Courthouse, 1716 Spielbusch Avenue, Toledo, Ohio 43604. The Court may change the date, time, or location of the hearing. To obtain the most up-to-date information regarding the hearing date and location, please visit www.PolyFoamClassAction.com, or call 1-866-302-7323.

If you choose to participate in one or more of the Settlements, **you may object to or comment on those Settlements in writing by NOVEMBER 13, 2015.** You or your own lawyer may appear and speak at the hearing at your own expense. To see the requirements for filing an Objection, visit www.PolyFoamClassAction.com, or call 1-866-302-7323.

Do you have questions?

If you have questions, want more details, or want to see other documents describing this lawsuit and your rights, visit www.PolyFoamClassAction.com, or call 1-866-302-7323.

Para una notificación en Español, llamar o visitar nuestro website.

PLEASE DO NOT CONTACT DEFENDANTS OR THE COURT FOR INFORMATION REGARDING THIS LAWSUIT OR THE SETTLEMENTS.

BEST OF THE TEST

GH GOES NUTS

All hail our favorite weight-loss snack!

Sweet. Salty. Satisfying. Addictive. Nuts are just like your favorite junk food, save one crucial thing: They're unbelievably healthy and a major diet ally. The key is to eat the right ones and not go overboard. Enter GH Nutrition Director Jaclyn London, M.S., R.D., who combed through hundreds of nuts, nut butters and bars to find the ones that wouldn't sabotage your waistline with loads of added sugars and artificial ingredients - and that came in single-serving packages to discourage overeating! Of 61 viable options, only 12 passed the final round of vetting: a cutthroat blind taste test. And the winners are...

MIXED NUTS

Forget that bag of bland, boring raw nuts. Flavored varieties can be good for you. too, as long as they have less than 6 g of sugar per serving. Trail mix is fab as welljust make sure it's made of stuff like nuts, seeds, spices and unsweetened dried fruit.



BEST SPICY Wonderful Pistachios Sweet Chili Packs

Because you have to shell these chili-rubbed pistachios yourself, you'll take in their sweet heat nice and slowly. Not a chili fan? The Roasted and Salted version is yummy, too. 100 cals per 1.25-oz. pack



MOST EXOTIC Blue Diamond Bold Sriracha Almonds

Testers couldn't get enough of this "tangy," "powerful" and totally addictive almond-andhot-sauce pairing. Yay for people with peanut allergies: These are processed in a peanut-free facility. 260 cals per 1-oz. pack



BEST CLASSIC Planters Honey Roasted Peanuts

There's merely a teaspoon of sugar in this tasty-as-candy but totally heart-healthy mix, great for kids and grown-ups alike. One tester said munching these was "nirvana" and "I could eat a whole bag." 160 cals per 1-oz. pack



BEST TRAIL MIX Sahale Snacks Berry Macaroon Almond Mix

This "tropical" mélange of almonds, cashews, coconut, blueberries and lemony dried apples with an impressive 3 g of fiber-reminded one tester of a "less-sweet piña colada" (virgin, of course). 210 cals per 1.5-oz. pack



YOUR BODY

health smarts 🧲

PEOPLE IN THE U.S. WITH A TREE NUT AND/OR PEANUT **ALLERGY**

Source: The Peanut Institute

NUT BUTTERS

Spread the diet magic! Plain versions of the super-filling butters should be made from just nuts and (maybe) salt. Try to cap the sugar in flavored versions at 4 g per 2 Tbsp.



BEST PLAIN PEANUT BUTTER Smucker's Natural Peanut Butter (No Salt Added)

This "pure and simple" no-added-sugar pick is a lunchtime essential. One panelist commented, "It reminds me of childhood PB&J sandwiches!" 200 cals per 2-Tbsp. serving



BEST FOR FRUIT Justin's Honey Peanut Butter

Panelists called this squeezable pack "traditional" and loved the "slightly sweet and salty" flavor. Toss one in your tote with an apple for an afternoon snack. 190 cals per 1.15-oz. pack



BEST A.M. BOOST Barney Butter Vanilla Bean and Espresso Almond Butter

Thick and a little crunchy, this comes in a 1-Tbsp. package and tastes like a "vanilla latté." 100 cals per .6-oz. pack



Butter Vanilla Bean and Espresso Almond Butte.

BEST DESSERT BuffBake in Snickerdoodle

So tasty, we almost mistook it for cookie dough. But this almond butter with whey protein powder packs 11 g of protein per serving. It's also gluten-free; hard to believe with a flavor like Snickerdoodle!



HOMES STOCKED WITH PEANUT BUTTER

Source: National Peanut Board



BARS

Unlike more processed energy bars, these have a whole food—nuts—as their first ingredient. Aim for 4 g each of protein and fiber, and 200 calories or less.



BEST FOR CHOCOHOLICS Lärabar Chocolate Chip Cookie Dough Bar

This dense, "chewy" bar is made from just cashews, dates (a quarter-cup's worth!), chocolate chips and sea salt. "I love the subtle cocoa flavor," said one tester. 210 cals



MOST NUTS PER BITE Nature's Path Mixed Roasted Nuts Love Crunch Bar

Described as "subtle," "sweet," "salty" and "gooey," this snack is loaded with the good stuff: almonds, peanuts, cashews and Brazil nuts plus pumpkin seeds and flaxseed. 200 cals



ivos

ALL-AROUND FAVORITE This Bar Saves Lives Madagascar Vanilla Almond & Honey

Testers compared this "perfectly textured" bar to a lighter and puffier "Rice Krispies Treat." For each bar sold, a food donation is given to a child in need. 200 cals



BEST CANDY BAR SUBSTITUTE Nature Valley Peanut, Almond & Dark Chocolate Protein Bar

One panelist mused, "I like this better than peanut butter cups!" Each bar contains 10 g of protein and 5 g of fiber, rendering it a substantial energy source. 190 cals

INTRODUCING

























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BUSH'S' GRILLIN' BEANS STUFFED PEPPERS

FOR MORE RECIPES VISIT RECIPEMATH.COM

NUTTIN' BUT THE FACTS

They've got vitamins and minerals up the wazoo. Plus, the trifecta of protein, fiber and fat helps crush cravings. Here are our favorites in a nutshell.

NUT TYPE	CALORIE COUNT PER OUNCE	BENEFITS
WALNUTS	185 14 walnut halves	Walnuts contain among the highest levels of alpha-linolenic acids (a.k.a. plant-based omega-3's) and may reduce your risk of heart disease. Plus, a recent study suggests that eating a handful daily can improve memory and cognitive function in people of any age.
CASHEWS	157 18 cashews	The nutritional up-and-comers of the tree- nut family, these versatile treats are breaking into the foodie scene via milks, butters and packaged snacks. They're full of zinc , copper and magnesium , all of which help support a healthy immune system as well as nerve , muscle and bone function .
ALMONDS	164 23 almonds	They've got more fiber than any other nut (3.5 g per ounce), so they're super-satisfying and an amazing dieting tool. A recent study showed that women who regularly noshed on 1 to 1.5 ounces of almonds mid-morning ate less at lunch and dinner than when they went without the snack. (Some research on almonds suggests that the calories per ounce that you actually absorb may be closer to 130.)
PISTACHIOS	159 49 pistachios	Pistachios contain carotenoids like betacarotene, lutein and zeaxanthin, which have been linked to improved vision . They've also got vitamin E and phenolic compounds—antioxidants with anti-inflammatory properties that may help reduce risk of chronic disease. And it's almost impossible to eat too many unshelled pistachios, since a single serving is a whopping 49 nuts: Your fingers will tire before you're full!
	161 39 peanuts	Talk about a superfood! The skins (the papery red linings) and the seeds (the peanuts themselves) contain resveratrol, a phytochemical linked to reduced risk of heart disease, cancer and chronic kidney disease. What's more, peanuts have the highest amount of protein in this group (with 8 g per serving) and are the best source of arginine, an amino acid that can help lower blood pressure.



Jaclyn London, M.S., R.D.

GH Nutrition Director

@jaclynlondonRD

Y 0

TRUE OR FALSE: NUTTY CLAIMS

Avoid salted nuts.

FALSE. Just because they have the word "salt" in their name doesn't mean they're loaded with the stuff—most end up with just a sprinkling. In fact, almost all salted nuts are considered low-sodium foods, which means they have 140 mg or less per serving per the FDA (less than many breads). Most of us can safely consume 2,300 mg of sodium per day.

Nuts should be stored in the fridge or freezer.

TRUE. The oleic acids in nuts can oxidize (that is, go rancid) when they are left out at room temperature or in sunlight. Keep 'em cool if you're not eating them this week.

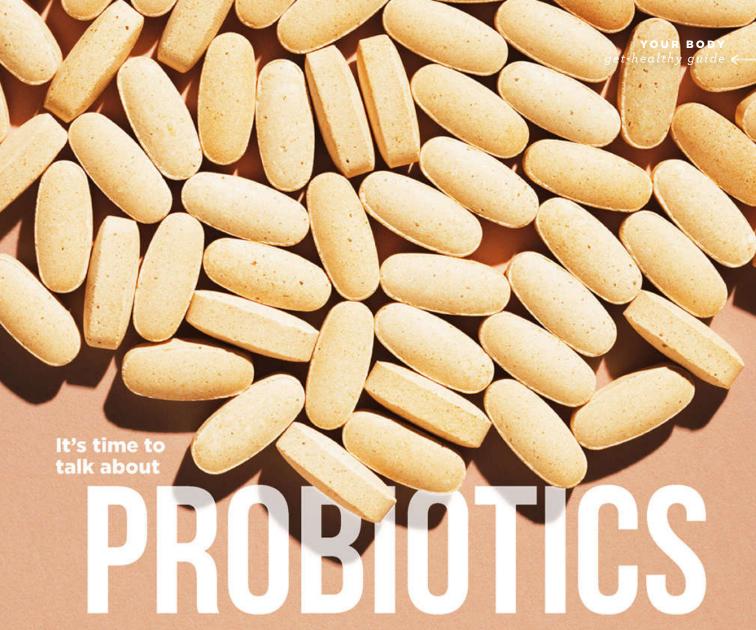
Nuts are fattening.

TRUE AND FALSE.

In theory, the unsaturated (or "good") fats in nuts can cause just as much weight gain as "bad" saturated fats (found in meat and dairy). In reality, they almost never do. That's partly because nuts are better at filling you up and staving off cravings. Case in point: A recent study found that people who swapped in nuts for carb-based snacks had less belly fat than people who hadn't made the switch.

HAVE A QUESTION?
E-MAIL ASKJACKIE
@GOODHOUSEKEEPING.COM.

PEANUTS



But which one should you take? And how much? And how do they work? And while we're at it, why do they have such unpronounceable names? Find all the answers right here

These days, probiotics seem to be everywhere — touted in the soft-serve at your local fro-yo joint and the kimchi on your fancy-schmancy sandwich. And yet, seemingly inexplicably, you probably aren't getting enough of them: Only 20% of Americans incorporate probiotics into their diets, according to a recent survey by market research firm Mintel. That's surprising when you consider that, unlike with some other nutritional trends, there's solid research confirming probiotics' benefits. "We all live on a bandwidth of health," says Colin Hill, Ph.D., president of the International Scientific Association for Probiotics and Prebiotics. "Probiotics can shift you in the right direction or delay a progression in the wrong direction, especially if you take them prophylactically." In other words, this is one bandwagon worth jumping on.→

SO WHAT

To put it simply, probiotics are live microorganisms, such as strains of bacteria, that in adequate amounts give you a health benefit. They can be developed and grown in a lab and put in pills, powder, yogurt or other foods or drinks. When probiotics are present in your gut, they act like peacekeepers, helping to restore order and keep things humming. And scientists are finding that using probiotics to tinker with the gut's bacteria balance may offer a new way of treating illness and keeping people healthy.



HOW PROBIOTICS WORK

Here's what happens after you ingest "good bacteria"

THEY TAKE UP TEMPORARY RESIDENCE IN YOUR GUT.

Probiotics don't move in permanently—you have to keep consuming them for maximum benefits. It requires about five days of habitual ingestion for probiotics to build up a presence, says Daniel J. Merenstein, M.D., a probiotics expert and an associate professor of family medicine at Georgetown University. (Taking them in less frequently may help a little.)

THEY SUSS OUT THE ENVIRONMENT.

Probiotics are smart. "Some of the ones that help with diarrhea also help with constipation. We think they go in, figure out what's needed and respond by either downregulating inflammation or upregulating your immune response," says Gregor Reid, Ph.D., director of the Canadian Research & Development Centre for Probiotics.

THEY NEGOTIATE WITH "TERRORISTS."

Most pathogens don't want to do real harm; they're happy to just eat and hang out. In layman's terms, probiotics might say, "We'll let you live, but you can't release your toxin." Then they might produce compounds that prevent

a toxin's release, rendering bad bugs harmless, Reid says.

THEY IMPROVE THE GUT'S BARRIER.

"In your gut, only one layer of cells stands between you and death," Reid says. Although dramatic, that accurately describes your GI tract's ultrathin barrier, which allows nutrients from food to pass through and repels toxins. If that barrier is disrupted, pathogens could enter your bloodstream, making you very sick. Probiotics tighten the binding between cells and may stimulate mucus production, shoring up the barrier and making it difficult for problematic bugs to wreak havoc.

THEY CLEAN UP THE SLIME. "In the case of an infection, bacteria often create a biofilm, which is like the slime that builds up on the underside of a boat. Certain probiotics produce a soaplike material that breaks up that film," Reid says.

THEY STARVE OUT PATHOGENS.

Since they compete with the bad guys for food, probiotics keep harmful bacteria in check by making it hard for them to thrive.

THE PROS OF PROBIOTICS:

- Help digestion
- Ward off bugs
- Treat high cholesterol
- Ease anxiety
- Alleviate allergies

ALL WITH NO HARMFUL SIDE EFFECTS!

KNOW THE BENEFITS

Two of the biggest reasons to take probiotics are to prevent or manage GI issues and to lower your odds of catching a bug. "If you're traveling or stressed, or not eating or sleeping well, that's when you'll notice that probiotics really work," Dr. Merenstein says. But newer research suggests that probiotics also have the potential to help prevent or treat other conditions, such as high cholesterol, allergies and even anxiety. Probiotics have such far-reaching effects because your gut does, too: It houses more nerve endings than any place in the body (besides the brain), and it's ground zero for your immune system's function. As you may know, to build a strong immune system, people need exposure to a wide variety of microorganisms, something modern-day Americans don't typically get. Plus, we use antimicrobials - found in some soaps and even toothpastethat kill good bacteria as well as bad. Probiotics may fill the gap, says Hill. And unlike disease-causing germs, probiotics create almost no harmful side effects (some people experience gas or a change in bowel movements). Nearly everyone can take probiotics, but if you have a digestive disorder such as leaky gut or celiac disease, talk to a doctor first.

FIND THE RIGHT STRAIN

A high dose of virtually any reputable probiotic has the potential to help you stay healthy. But if you're trying to solve a specific problem, try one that—per research—may help just what ails you. GH dug through studies to find your, uh, *proscription*.*

YOUR PROBLEM



You've got the runs. It could be stomach flu or food poisoning. Either way, it's definitely the pits.



The only thing regular about your GI function is that you regularly have constipation, bloating and/or diarrhea.



You'll soon travel to a country with irresistible street food and subpar sanitation.



You've been prescribed an antibiotic.



You're prone to bacterial vaginosis (a common vaginal infection).



If someone within 100 feet of you sniffles or sneezes, you seem to catch his or her cold.

YOUR PROSCRIPTION

Florastor or Culturelle
Specific strains: Saccharomyces
boulardii; Lactobacillus
rhamnosus GG

Align, Activia yogurt or TruBiotics Specific strains: Bifidobacterium infantis 35624; B. animalis subsp. lactis DN-173010; B. animalis subsp. lactis BB-12

Florastor

Specific strain: S. boulardii (Take the first dose five days before your trip, and continue taking it until two to three days after you return.)

Culturelle, Florastor, DanActive yogurt Specific strains: L. rhamnosus GG; S. boulardii; L. casei DN-114 001

Fem-Dophilus; RepHresh Pro-B Specific strains: A combination of L. rhamnosus GR-1 and L. reuteri RC-14

DanActive yogurt, Culturelle Specific strains: L. casei DN-114 001; L. rhamnosus GG

*Other probiotic strains and products can also help these conditions. For more information, go to scienceofprobiotics.ca and search for "Clinical Guide to Probiotic Supplements."

CHEAT SHEET

PROBIOTICS vs.

PREBIOTICS

These aren't bacteria at all, but rather naturally-occurring soluble fibers (such as inulin and oligofructose) that feed the good bacteria already living in your gut, helping expand their populations.

You get them through your diet (see "The Food Fix," next page).

VS.

LIVE & ACTIVE CULTURES

A product with "Live & Active Cultures" on the label contains significant levels of beneficial bacteria and may include specific tested strains shown to have probiotic potential.

NAME GAME!

Bet you can't say a probiotic strain's name five times fast. Here's why: Probiotics have first, middle and last names, and-wait for it-they involve a lot of Latin! So what about those shorter, snappier names you see on some products? Manufacturers often develop proprietary strains and give them trademarked "nicknames." For example, Dannon renamed the probiotic in its Activia products "Bifidus Regularis," but its scientific name is Bifidobacterium lactis DN-173 010. It doesn't exactly roll off the tongue, but look closely: You'll see it hiding on the yogurt's label.



WHERE HAVE I been ALL YOUR LIFE?

IN IRELAND. BEING PERFECTED.









GET THE MOST OUT OF YOUR PROBIOTIC

TAKE IT CORRECTLY. Know vour dose. Probiotics are measured in CFUs (colonyforming units). Follow storage guidelines to a T: some need to be refrigerated.

MAKE IT A DAILY HABIT. If you don't take probiotics continually, the bacteria will leave your system. It's OK to miss a day here and there, but aim to take them at least five days a week.

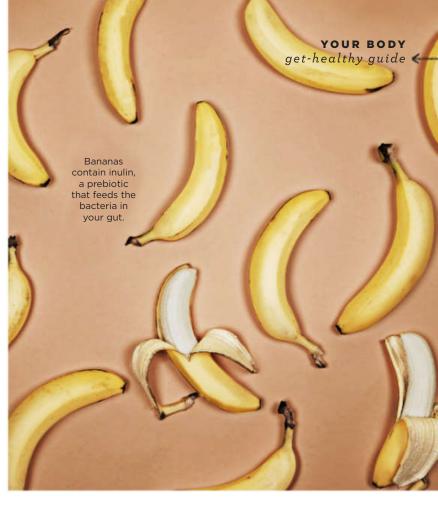
ADD DAIRY. Delivering the good bugs with food helps keep them alive on the trip through your stomach. Yogurt, milk and cheese in particular neutralize stomach acid and bile acid, increasing the probability that probiotics will reach the intestines.

GO FOR QUALITY OVER QUANTITY. A product with 10 different strains isn't necessarily superior to others with fewer, Reid says. You're better off with one strain in a formula that's been tested.

TAKE MULTIPLE PRODUCTS IF NECESSARY. For example, if you have IBS, try Align and then, to help resist colds, add DanActive yogurt. Ingest them at least a few hours apart.

BE A BRAND SNOB. Try the products in the GH chart (page 131); vet others at consumerlab .com. One report from the site found that five of the 19 products tested had only a fraction of the promised live bacteria.

STAY THE COURSE. It takes four to five days for probiotic levels to build up in your system, so don't expect instant results. If you're taking them for GI issues, it could be as long as three weeks before you feel a difference.



THE FOOD FIX

Not into pills and powders? Extensive research supports the delivery of beneficial bacteria in many different forms, including through yogurt and fermented foods like kefir, sauerkraut and kimchi, says Tamara Melton, R.D. You can also increase the good bacteria in your gut by ingesting foods that contain prebiotics, which serve as nourishment for the good bacteria already living there. (Prebiotics are special because your body doesn't digest them until they reach the colon, where they become fermented.) You'll find prebiotics in high-fiber foods like bananas, oatmeal, beans and asparagus. And long-standing research has established that filling up on colorful fruits and veggies as well as whole grains is fundamental to boosting gut health.

EAT YOUR "GOOD BACTERIA"

Nutrition



KOMBUCHA

Keep sugar to 2 g per serving in this fermented tea

Lab pick: Health-Ade Kombucha in Original, \$5 for 16 oz.

YOGURT Look for "Live & Active Cultures" on the label; limit

sugar to 12 g

per serving. Lab pick: Fage 2% Plain Greek Yogurt, \$1.50 for 7 oz.



KEFIR

Same rules as yogurt: The magic words are "Live & Active Cultures.' and cap sugar at 12 g.

Lab pick: Lifeway Plain Kefir, \$4 for 32 oz.



SAUERKRAUT

Go raw. The pasteurized kind does *not* contain live cultures

Lab pick: Farmhouse

Culture Classic Caraway Kraut, \$8 for 22 oz.



news you can use

ALLERGY-PROOF **YOUR KID**

Scientists are making major headway in the race to prevent allergies. Below, three ways new parents can take advantage of the latest findings

KEEP THE DOG

Living with a cat or dog during their first vear of life cut babies' risk of developing a pet allergy almost in half, per a study in Clinical & Experimental Allergy. Year one is the magic window (exposure after 12 months didn't have the same impact), and the benefits were cat- and dog-specific. (Alas, the effect of living with smaller animals like hamsters and bunnies was not studied.)

NURSE (IF YOU CAN)

A new study found that babies who had been breast-fed for four to six months were less likely than formulafed babies to develop allergies to cats and dogs by age 4. Breast milk carries antibodies and good bacteria that are vital to developing a baby's immune system, explains study author Christine Cole Johnson, Ph.D. Breast-feeding could potentially help prevent other allergies, too; more research needs to be done. says Johnson.

FEED 'EM PEANUTS

Aim for two grams (about a spoonful of peanut butter) three times a week, beginning when your child starts on solids. For a recent British study, some infants were fed peanut protein regularly, while others stayed away from it entirely. After five years, 1.9% of the peanut eaters were allergic compared to 13.7% of the abstainers. (If your baby has another food allergy or eczema, talk to your pediatrician first.)

trending

SIGNER **Ness Wear**

athletic lines this month; GH put them together into one must-have outfit





Colorblocking details give these cropped Derek Lam pants in breathable spandex – a slimming fit. Derek Lam 10C Athleta Block Studio Capri, \$79, athleta.com





good advice

SAVE YOUR MARRIAGE

Think you're growing older and wiser? Maybe not in all ways: Research suggests that married couples get worse at fighting as the years pass, letting concerns fester rather than resolving conflicts. Fortunately, it's possible to get back on track. Couples therapist Sue Johnson, Ph.D., author of *Hold Me Tight*, has help for the most common mistakes.

BAD HABIT: Launching into a tirade as soon as your partner finishes his own.

THE FIX: When your partner is speaking, really listen rather than silently rehearsing your own argument in your head. When he's done, it'll be easier to actually respond.

BAD HABIT: Yelling until you hear "Fine, you're right."

THE FIX: Make a pact with your partner to avoid the words "right," "wrong," "win" and "lose." Keeping score will drive you apart.

BAD HABIT: Fighting until 1 A.M., only to settle for an unsatisfying solution.

THE FIX: Make a peace offering. Say, "I'm still angry, but I don't want to hurt you. Let's talk again tomorrow."

BAD HABIT: Hiding out when you've had it. THE FIX: Withdrawing conveys that you're willing to abandon the relationship. So don't storm off. Instead, say, "I'm overwhelmed, and some part of me wants to stop talking." Then stay put until you're ready to speak or listen.

LIFE, WIDE OPEN. North Dakota's wide-open spaces have a way of making any vacation come to life. Start your journey at LegendaryND.com. little Missouri National Grasslands, near Medora

Setty Image

IT TAKES STADIUM SEATING TO NEW HEIGHTS.

From the scenic bluffs of our great river roads, to the dramatic vistas of our Ozark Mountains, Missouri's scenery is on another level. And as one of "The 5 Best Places to See the Leaves Change Color This Fall," it's sure to take your breath away.

Enjoy the view.





Tasting is believing.



Salted Caramel Brownie Bliss. Yep, it's just as delicious and decadent as it sounds. And all it takes is one bite to discover why tasting is believing.

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weightwatchers



We know you'll like *these* apples! Just core, slice into horizontal rings and top with "frosting" (e.g., nut butter or cream cheese) and "sprinkles" (fruit, coconut, marshmallows, nuts or seeds). With dozens of delicious combos, who needs fried dough?!



.kr

.kmn



KING PIN

Major Test Kitchen kudos to this lightweight aluminum rolling pin! Chill it for 30 minutes to keep buttery pastry dough cold (not sticky!) as you work.

\$40 (in red, blue, slate or black), kmnhome.com

Susan Westmoreland

Food Director

@ghtestkitchen

THIS MONTH

"I'm going to trade in my chef's knife for scissors! They're my favorite tool for snipping herbs right from the stems, no cutting board needed!"

Joyce Chen Unlimited Scissors, \$30



that's genius

SPOOKY BARK

Here's a trick for leftover Halloween treats: Press your kids' stash into a tray of melted chocolate and refrigerate. Once the bark is firm, break off a piece of that Kit Kat bar and enjoy!



give back

"PINK" DRINK

Beer me! And make it a Treasure Chest:
One dollar from each purchase of this exotic pink
IPA, brewed with grapefruit, prickly pear juice and hibiscus flowers, goes to breast cancer research—the brand's cofounder is a survivor.

\$10 for 22 oz., greenflashbrew .com/2015treasurechest



GLUTEN-FREE CHARMS! Many of your favorite cereals are going gluten-free, thanks to changes in General Mills' facilities. Look for Lucky Charms and five Cheerios varieties (Honey Nut, Apple Cinnamon and more!), all celiac-safe, in a grocery aisle near you this fall.







THE ART OF

MAC & CHEESE









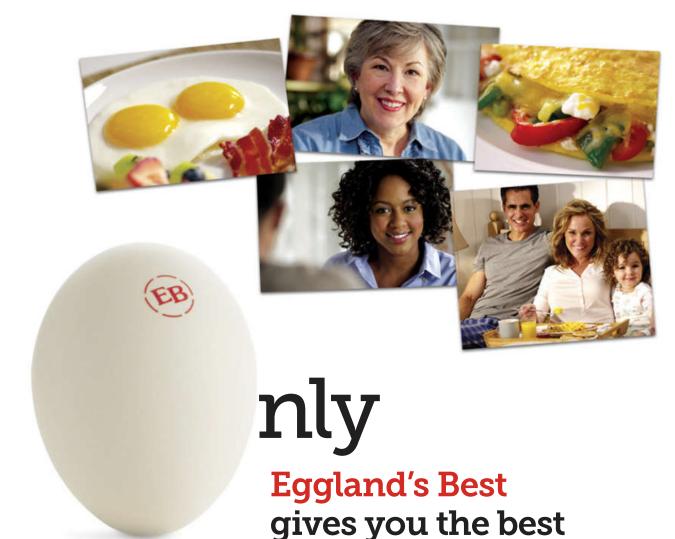






Stick it to temptation.

Special K Protein. Crunchy and hearty to help satisfy your hunger.



THINK ALL EGGS ARE THE SAME? Then you haven't experienced Eggland's Best.



Compared to ordinary eggs, Eggland's Best eggs have four times the Vitamin D, more than double the Omega 3, 10 times the Vitamin E, and 25 percent less saturated fat. Plus, EBs are a good source of Vitamin B5 and Riboflavin, contain only 60 calories, and stay fresher longer.

in taste & nutrition.

Hungry for better taste? EBs deliver more of the farm-fresh flavor you and your family love. Any way you cook them!

So why settle for ordinary when you can enjoy the best? **Eggland's Best.**

*Voted Most Trusted Egg Brand by American shoppers. Based on the 2015 BrandSpark/Better Homes and Gardens American Shopper Study.



egglandsbest.com





your pantry



1. In 5-qt. saucepot, heat oil on med. Add onions and ¼ tsp. salt. Cook 40 min. or until deep golden brown, stirring occasionally. Add garlic, sage, ginger and nutmeg. Cook 5 min. or until garlic is golden, stirring occasionally. Add broth and

pumpkin. Heat to simmering on high, scraping up browned bits from bottom of pot. Reduce heat to maintain simmer; cook 20 min., stirring occasionally.

2. With immersion blender or in batches in blender, puree soup until smooth. Stir in lemon juice, 1 tsp. salt and ¼ tsp. black pepper. Makes about 10 c. Soup can be made and refrigerated up to 2 days ahead. Reheat on med. (If soup is too thick, add water or broth for desired consistency. Season to taste.)

SERVES 8 About 215 cals, 5 g protein, 32 g carbs, 10 g fat (1 g sat), 9 g fiber, 750 mg sodium.

SAGE & SHIITAKE GARNISH:

In 2-qt. saucepan, heat 1 in. oil on high until hot but not smoking. Add 24 sm. sage leaves to oil. Fry 1 to 2 min. or until leaves are browned, stirring occasionally. With slotted spoon, transfer to la. paper-towel-lined plate: sprinkle with pinch of salt. In batches, add 7 oz. shiitake mushrooms, stemmed and very thinly sliced, to hot oil. Fry 2 min. or until deep golden brown, stirring occasionally. Transfer to same plate as sage; sprinkle with pinch of salt. Cool completely. Garnish can be made up to 3 hrs. ahead. Let stand at room temperature.

TRIED AND TESTED

IMMERSION BLENDER

soup-er tool for making creamy soups. It purees right in the pot in a matter of minutes, eliminating the hassle of pouring hot ingredients into a blender in batches. And you only have the pot and blender attachment to clean! The Cuisinart Smart Stick 2-Speed Hand Blender CSB-79, which topped our tests, isn't too heavy and comes with a chopper/grinder bowl (for onions or salsa) and a whisk attachment. \$60, cuisinart.com



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chopped

2 tsp. grated,

fresh ginger

2 qts. lower-sodium

vegetable or

chicken broth

pure pumpkin

1 Tbsp. lemon juice

Sage & Shiitake

3 cans (15 oz. each)

1/4 tsp. ground

nutmea

Garnish

peeled

IT'S TASTIER THAN MILK. PEOPLE WITH TASTE BUDS SAID SO.



Silk Vanilla
Almondmilk is
deliciously smooth
and most people
prefer its taste to milk.
Try for yourself.

Silk helps you bloom

#silkbloom

National Taste Test 2013; Silk Vanilla Almondmilk vs. dairy milk. Character is a trademark of WhiteWave Foods.



apples, cored and cut into 6 wedges 2 lg. onions, cut into

1. Preheat oven to 375°F. In sm. bowl. combine fennel, red pepper and 1 tsp. each salt and black pepper. Rub mixture all over inside of pork loin. Roll pork loin up and tie tightly with 5 to 6 pieces kitchen

(about 3 lbs.),

2 Tbsp. vegetable

3 med. Gala or Fuji

thin wedges

2 Tbsp. butter,

1/4 c. cider vinegar

2 sticks cinnamon

3 whole star anise

Parsley leaves, for garnish

cut up 1½ c. apple cider

5 thin slices

fresh ginger

butterflied

oil

twine. Rub outside with ¼ tsp. salt. 2. In 7- or 8-qt. Dutch oven or heavy-bottomed pot, heat oil on med.-high. Add pork to pot; brown pork on all sides. Transfer to cutting board. To pot, add apples, onions and butter. Cook 2 min., stirring. Nestle pork on top of apple mixture. Place in oven; cook, uncovered. 20 min. 3. Meanwhile, in sm. saucepan, combine cider, vinegar,

cinnamon, star anise

and ginger. Heat to

boiling on high. Boil

stirring occasionally.

Brush pork all over

with some of cider

15 min. or until reduced by half, mixture, discarding 4. Roast pork another 45 min. or until

cooked through (145°F), brushing with cider mixture every 15 min. Remove from oven: loosely tent with Ig. sheet foil. Let rest 20 min. before slicing. Serve pork with apple mixture. Garnish with parsley.

SERVES 8 About 490 cals, 35 g protein. 18 g carbs, 31 g fat (10 g sat), 3 g fiber, 465 mg sodium.

HOW TO BUTTERFLY

With sharp chef's knife, cut pork loin almost all the way in half lengthwise; open halves like a book. Cut 1 slit in center of each half lengthwise. After seasoning insides, roll back up before tying.

TRIED AND TESTED

HANDY TWINE

Oxo's Good Grips Perfect Cut Twine

ADVERTISEMENT New! **CREAMY** MEETS DREAMY **NOW IN CHOCOLATE** AND VANILLA CHOCOLATE



The irresistibly creamy taste of Silk® Cashewmilk is now available in chocolate and vanilla. Life just got a little sweeter. Taste for yourself.



Silk.com/Cashew

©2015 WhiteWave



21/2 lbs. Yukon gold potatoes. unpeeled, cut into 1-in. chunks

1½ lbs. sweet potatoes. unpeeled, cut into 1-in. chunks 5 Tbsp. olive oil,

divided 1/4 c. fresh flat-leaf parsley leaves,

finely chopped 1/4 c. sherry vinegar

3 Tbsp. capers, drained and chopped

1 Tbsp. anchovy paste

1 clove garlic, crushed with press

1. In 7- to 8-qt. saucepot, cover potatoes with cold water. Stir in 2 Tbsp. salt. Partially cover and heat to boiling on high. Reduce heat to maintain simmer; cook 7 min., stirring occasionally. Drain well; return to pot. Potatoes can be parboiled and held at room temperature up to 2 hrs. before roasting. 2. While potatoes simmer, preheat oven to 450°F. Vigorously toss potatoes with

4 Tbsp. oil; arrange in single layer on 2 lg. rimmed baking sheets. Roast 20 min. or until golden brown and crisp, rotating sheets on racks halfway through and stirring once or twice. 3. Meanwhile, in Ig. bowl, whisk parsley. vinegar, capers, anchovy paste, garlic, remaining 1 Tbsp. oil and ½ tsp. salt. Toss potatoes with vinaigrette until well coated.

SERVES 8 About 265 cals, 5 g protein, 41 g carbs, 9 g fat (1 g sat), 5 g fiber, 485 mg sodium.



PREP 20 MINUTES TOTAL 1 HOUR

2 lbs. sm. zucchini, trimmed and halved lengthwise

2 lbs. sm. yellow summer squash, trimmed and halved lengthwise

2 Tbsp. olive oil

2 Tbsp. butter 2 cloves garlic,

crushed with press 3 Tbsp. all-purpose flour

1 c. whole milk 1 tsp. fresh thyme leaves

1 c. coarsely shredded Gruyère cheese

1. Heat outdoor grill on med.-high. Toss zucchini and squash with oil and ½ tsp. each salt and pepper. Grill 12 min. or until mostly tender, turning over once. Transfer to cutting board; let cool. Squash can be grilled up to 3 hrs. ahead.

2. Meanwhile, in 3-qt. saucepan, heat butter and garlic on med. until butter melts, stirring frequently. Sprinkle flour over butter. Cook 1 min., stirring. Slowly whisk in milk until smooth, then add thyme and ¼ tsp. each salt

and pepper. Heat

to simmering on high, stirring occasionally. Reduce heat to maintain simmer; cook 1 min. or until thickened. Remove from heat. Sauce can be made up to 1 hr. ahead and kept in bowl covered with plastic wrap. Reheat on med.-low until hot, whisking, before adding to squash. 3. Preheat oven to 425°F. Grease 3-qt. broil-safe baking dish. Very thinly slice zucchini and squash; arrange half in prepared baking dish, pressing down gently. Top with half of white sauce. Repeat with remaining squash and white sauce. Top with cheese. Bake 15 min. or until cheese is beginning to brown. Broil on High 2 to 4 min. or until top is deep golden brown. Let stand at least

SERVES 8 About 165 cals, 7 a protein, 11 a carbs. 11 g fat (5 g sat), 3 g fiber,

5 min. before serving.





Pumpkin Placeholders (page 66)

Welcome guests with handmade velvet gourds.

1. For each gourd, cut a piece of fabric into a circle 4 inches in diameter (hint: Trace the mouth of a Solo cup!).

2. With the velvet side down, use a needle and thread to sew a small running stitch around the circle's perimeter, about 1/4 inch in from the edge. Once vou've stitched a full round, pull on the thread slightly to create a pouch. Fill it completely with uncooked rice, then pull the thread tight and sew the pouch shut.

3. Use a hot glue gun to attach a vine or small twig to the top of the pumpkin. Wrap decorative tape around your stem, then add the quest's name.



MADE WITH		
15%	Steak	
85%	Things that don't belong on a steak	

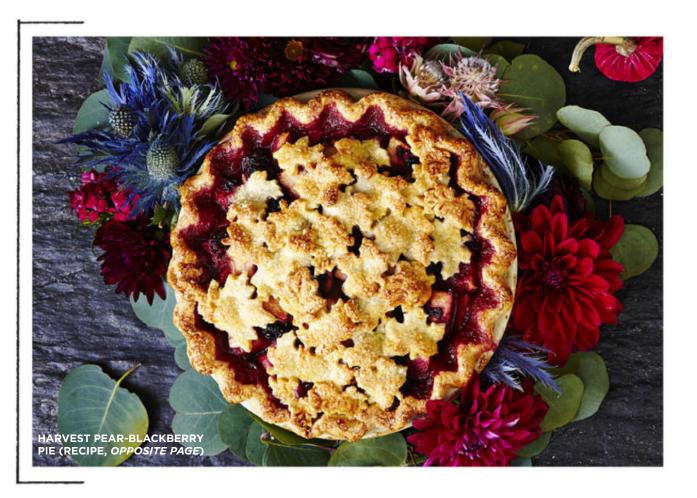


MADE WITH		
100%	Turkey Breast	



Sometimes life can get complicated.
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Harvest Pear-Blackberry Pie

PREP 20 MINUTES TOTAL 1 HOUR 30 MINUTES

- 2½ c. all-purpose flour
- ½ tsp. salt
- 10 Tbsp. butter, cut up and very cold
- 6 Tbsp. trans-fat free vegetable shortening. very cold 10 to 12 Tbsp. ice water

FILLING:

- 2 (6-oz.) containers blackberries
- ²/₃ c. granulated sugar
- 21/4 lbs. ripe pears, peeled, cored and chopped
- 1/4 c. cornstarch
- 1 tsp. ground cinnamon
- 1 tsp. grated lemon zest
- 1/4 tsp. salt
- 1 lg. egg yolk
- 2 Tbsp. cream or milk Raw or coarse sugar, optional
- 1. Make Pastry: In food processor, pulse flour and salt until combined. Add butter and shortening; pulse until coarse crumbs form. Drizzle in 6 Tbsp. ice water a couple of tablespoons at a time, pulsing between additions. Add another 4 to 6 Tbsp. water, 1 Tbsp. at a time, until dough just holds together when squeezed. Transfer to work surface. Push dough together until it holds; divide into 2 pieces. Shape into flattened disks. Wrap each tightly in plastic. Refrigerate at least 30 min. or up to 2 days.
- 2. Make Filling: In Ig. bowl, mash blackberries and granulated sugar. Stir in pears, cornstarch, cinnamon, lemon zest and salt.

3. Preheat oven to 425°F. On floured surface, with lightly floured rolling pin, roll 1 disk dough into 12-in. circle. Transfer to 9-in. pie plate. Trim excess dough. Fold rim under: crimp as desired. Roll remaining disk into 12-in. circle. With floured leaf- or flower-shaped cutters, cut out shapes from dough. Add filling to pie shell. Arrange dough cutouts over filling. In sm. bowl. whisk yolk and cream. Brush all over dough. Sprinkle dough with raw sugar if desired. Place pie on rimmed baking sheet. Bake 20 min. Reduce oven temperature to 325°F. Bake 1 hr. 10 min. or until top is deep golden brown. Cool completely on wire

rack. Serve with vanilla ice cream if desired.

SERVES 8 About 540 cals, 6 g protein, 74 g carbs, 26 g fat (13 g sat), 7 g fiber, 340 mg sodium.

TRIED AND TESTED

PIECRUST CUTOUTS

Arthur Flour's Fall **Pop-Out Cookie** Cutters. The designs have lifelike defini-







Molly Ringwald's Mom-Mom's Lentil Soup (page 168)

PREP 15 MINUTES TOTAL 1 HOUR

3 Tbsp. olive oil 1 c. chopped onion (about 1 sm.) ½ c. chopped celery (about 1 lg. stalk) ½ c. chopped carrot (about 1 sm.) 1/4 c. chopped parsley 2 qts. chicken stock 1 lb. brown lentils 1 smoked ham hock 2 cloves garlic, chopped 8 sprigs fresh thyme tied with 2 fresh bay leaves (or 1 dried bay leaf) Pinch crushed red pepper 4 sweet Italian sausages, cooked and chopped ⅓ c. Madeira wine (optional)

- 1. In 6- to 7-qt. saucepot, heat oil on med. Add onion, celery, carrot and parsley. Cook 8 to 10 min. or until vegetables are translucent and beginning to soften, stirring occasionally.
- 2. To pot, add stock, lentils, ham hock, garlic, thyme bundle and red pepper. Heat to boiling on high. Reduce heat to maintain simmer; cook 45 min. or until lentils are tender, stirring occasionally.
- 3. Stir in sausages and Madeira, if using. Season to taste with salt and black pepper. Before serving, discard thyme bundle and ham hock. Makes about 12 c.

SERVES 8 About 435 cals, 28 g protein, 41 g carbs, 19 g fat (6 g sat), 14 g fiber, 735 mg sodium.





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Preserve Your Pumpkins (page 49)

Extend the porch life of your masterpiece with these fresh tips from carving expert Marc Evan, cofounder of Maniac Pumpkin Carvers in New York City.

- 1. To stave off browning, spray your creation with lemon juice right after cutting. Repeat every other day to keep skin fresh.
- 2. Bring it inside each night. Cover it with plastic wrap and store it in a cool place, like a refrigerator or garage. Mischief-makers (animals or teenagers!) won't harm it.

3. Give it a bath—really! If you notice your gourd starting to shrivel or wilt, submerge it in an ice bath for one to three hours (you can add a capful of bleach to prevent mold and bacteria from growing). Towel it off before putting it back on display.

OCTOBER SWEEPSTAKES

CUISINART HAND BLENDER SWEEPSTAKES (page 153), STYLED BY EMILY HENDERSON SWEEPSTAKES (page 58) AND OCTOBER BEAUTY LOOT SWEEPSTAKES (page 24) No purchase necessary to enter

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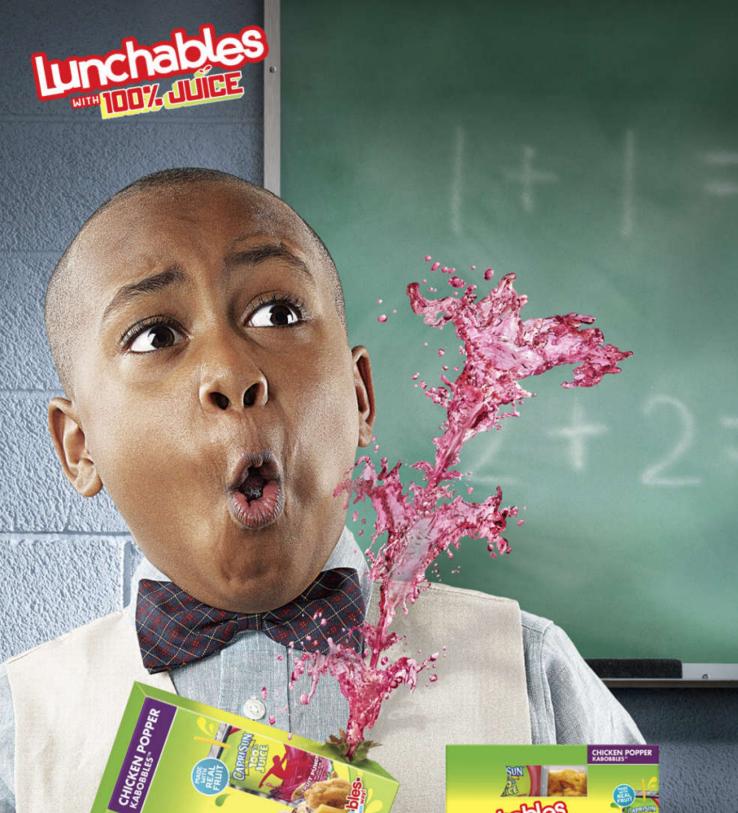
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Tailgate family-style with a fun cool-weather picnic. Throw down some blankets and pillows to create your comfy spread. Then bust out the hot chocolate and marshmallows. Autumns up!



SCARY MOVIE DAMAGE CONTROL

They're heere! And by "they," we mean the inevitable freak-outs that come when a kid sees his first horror flick. Need a recovery plan? *GH* has one, courtesy of educational psychologist Charlotte Reznick, Ph.D., author of *The Power of Your Child's Imagination*

GIVE THE THIRD DEGREE...CASUALLY

To gauge how your kid feels about what he just saw and assist him in processing his emotions, pose a few innocuous questions. Try something like "Oh, wow, you saw A Nightmare on Elm Street? That was really something, huh?" Don't say it was scary; there's a chance your child wasn't bothered, and bringing up fear could change that. If your kid responds with "It was just awful!" use open-ended follow-ups to figure out exactly why. One option: "Do you feel worried, scared or mad?" You might assume he is scared, but horror films can elicit a range of emotions, from anger at the bad guys to worry that similar events will happen in real life. Validating the way your child feels is crucial to moving on to a solution, so be sure to say, "I completely get why you're upset." Once your child realizes his feelings are totally normal, it will be easier for him to separate the film's chilling fantasy from his own G-rated reality.

GO BEHIND THE SCENES

Drive home the understanding that this was a movie, not real life. Use actor interviews and bonus material from the DVD or YouTube to reveal how the film was made. Then let your kid play screenwriter: Pull out the art supplies and encourage her to draw or write her preferred ending. Too much blood and guts? Not enough happy parts? Letting kids change the plotline—"Imagine if Rosemary got help from a doctor and gave birth to a healthy baby!"—gives them control over their long-term memory of the film and can make that memory more peaceful.

SWEETEN HER DREAMS

You're almost in the clear; now you just have to ward off nightmares. Start the bedtime routine with some distracting fun, like an extra storybook or a longer-than-average sing-along. When it's time to nod off, have your child lie in bed and take deep, full belly breaths. Then ask her to close her eyes and imagine what she'd like to dream about—say, scaling walls with Spider-Man or singing with Elsa. (If she later awakens from a nightmare anyway, try the deep breathing again and stay with her until she falls back to sleep.) Be warned that the monsters may not move out from under the bed overnight; you may have to use these tactics a few evenings in a row. Talk to your pediatrician if a week passes and your child still feels anxious or struggles with sleep.



I'm not comfortable with the sexy costume my daughter wants to wear to a party.
Should I lay down the law?

-MEG B.

MEET HER somewhere between her choice and yours. Tell her what is and is not acceptable to you, and try to offer an alternative: "You can wear the cute miniskirt, but the sheer cami is a no. I'm OK with your pink top instead." Stand your ground, and be prepared to say she can't go if she doesn't tone down the costume.

HAVE A QUESTION? E-MAIL PEGGY@GOOD HOUSEKEEPING.COM.

WHAT THE TECH?! **CANDY LOCATOR** Too many treatless houses on your Halloween route? Try the free app Nextdoor. When you become a member, you'll instantly see a map of homes in your 'hood that have promised to dole out candy or give haunted-house tours. Just don't forget to add your own sugar- and spook-filled abode to the app. (Hey, if you've got it, haunt it!)



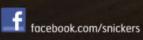


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Your pet may look super in a mask and a cape, but is it smart to play dress-up? Try these tricks from Marty Becker, D.V.M., then give Fido a treat



DO A TOLERANCE TEST

A new outfit might spook your dog or cat. If your pup is no stranger to the occasional sweater, he'll likely be fine. As for Kitty, do you clip her nails? Can you give her a pill? If yes, she'll probably be OK.



FOCUS ON FIT

The costume should be loose enough to let you slide two fingers into the neck hole and under the belly. Your pet needs his eyes, ears and nose clear to feel safe and alert, so make sure they're exposed.



HAVE A PHOTO SHOOT

Get a few snaps of your pet for Instagram, then take the costume off. Most animals can tolerate a getup for two hours maximum.



THINK SAFETY FUR-ST

Taking your dog door-to-door? Add a stripe of reflective tape to the side of his costume so he'll stand out at night—especially if your pet has dark fur.



SHOP SMART

The Top Paw Rocket Rider Costume for dogs (\$15, petsmart.com) and the Halloween Mouse & Cheese Cat Costume (\$10, petco.com) are cute (and safe!) picks.



#GHSealofCute

GOODHOUSEKEEPING



"I'm all ready to buzz around town and hit the 'pawties.'"

SOPHIELOVESTUNA

YOUR PIC HERE! Tag your pet's ridiculously adorable moments with **#GHSealofCute** on Instagram, Facebook or Twitter, and a photo of your furry or feathered (or even finny!) friend could appear in a future issue of *GH*!



DON'T LET THE DOGS OUT To a pooch, trick-or-treaters are just costumed intruders. Put doorbell-wary dogs in a quiet room on Halloween night so they'll keep calm and won't bolt out the door (or bark like crazy).



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with MOLLY RINGWALD -

You may think of her as the '80s teen idol who pined over hunky Jake Ryan in Sixteen Candles or "The Princess" in the coming-of-age classic The Breakfast Club. Now the actress is poised to win over a new generation in the live-action remake of Jem and the Holograms, out October 23.

RECIPE I'M SCARED TO TRY:

I'M NOT AFRAID TRY ANY THING

FAVORITE FAMILY RECIPE:

LENTIL BEAN SOUP FOR NEW YEAR'S DAY

Mmm... Get the recipe on page 160!

> HOUSEHOLD CHORE I ACTUALLY ENJOY:

UM ... DELEGATNE?

I'D DO ANYTHING TO AVOID:

MATCHING SOCKS

BEFORE COMPANY ARRIVES, I HIDE:

SLOBBERY PET TOYS

FAVORITE JUNK FOOD:

SALT AND VINEGAR CHIPS

GOOD HABIT:

FLOSSING

BAD HABIT:

SURFING THE WEB BEFORE TRYING To Sceep



STUFF I CAN'T LIVE WITHOUT:

#1 MY FAMILY!

I'M CURRENTLY READING:

BLUE HORSES MARY OLIVER

> I WISH I COULD TELL MY FUTURE SELF TO:

BE IN SUCH HURRY

ETIOUETTE PET PEEVE:

DEVICES ON

I STAY FIT BY:

A MIXTURE OF YOGA AND RUNNING AFTER MY KIDS !

PERSONAL MOTTO/MANTRA:

SAY WHAT YOU MEAN, BUT DON'T SAY IT MEANLY

CAT/DOG/OTHER:

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